CANADIAN COOK BOOK

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CANADIAN COOK BOOK

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PREFACE

THIS book has been compiled, primarily, to satisfy a demand for a book of recipes conveniently arranged for use of teachers and students in technical schools. It is hoped that it may prove valuable also to all others who are interested in the preparation of food. For this reason, a number of distinctive features characterize the book, as a résumé on Foods, in which is given a brief explanation of terms such as are met in many of the popular articles of newspapers and magazines, and following this, practical suggestions as to principles underlying the planning of diets and menus.

The recipes offered have been carefully tested for use in school and home; whenever possible, temperatures used in cooking have been stated. In cases which allow of such, a tabulated form has been used, as, for example, the tables which enumerate Cuts of Meat, Sauces for Meats and Vegetables. It is believed that this method will prove to be of great convenience to those using the book.

Because of the close relation between health and careful food preparation, the authors express the earnest hope that this book may stimulate a keener interest in improved food standards in the home.

N. L. P.

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CHAPTER I

FOOD AND ITS USE.

A.—THE ESSENTIALS OF AN ADEQUATE DIET.

The well-being and success in life of every individual bear a closer relation to food than to any other single factor known. Sleep, fresh air and exercise are absolute essentials to health, but these are not capable, singly or combined, of outweighing for any time the ill-effects which eventually follow a wrong use of food.

Many diseases known to medical science are directly traceable to an inadequate or faulty diet; a low physical condition, not amounting to actual disease, but sufficient to seriously endanger the health of the individual, is too often the direct result of a lack of knowledge or a disregard of the importance of food. As living conditions become greatly changed and the strain of modern life grows more intense, those factors which contribute to health should expand in importance and value. Unfortunately, in many instances, such is not the case, and a tremendous loss of valuable time and energy goes hand in hand with a discouraging struggle against ill-health.

A misguided appetite, an unsound fad or a colorful advertisement should have no part in determining so vital a problem.

The term "Food" applies to any substance which contains one or more of the essentials for the maintenance of the functions of the body—for the growth and repair of tissues, the regulation of temperature, the performance of work by the various organs and tissues. These essential

factors which must enter into the constitution of every adequate diet are:

1. Water.
2. Carbohydrates (sugars and starches).
3. Proteins.
4. Fats and lipoids.
5. Mineral salts.
6. Vitamins.
7. Roughage.

I. Water enters into body composition to the extent of approximately two-thirds of its weight. A daily loss of water necessitates a daily replenishing of about two quarts for an adult; of this amount, about two-thirds is contained in solid foods. An abundant use of water is necessary to a healthy condition.

II. Carbohydrates, which include the many sugars and starches, are compounds of carbon, hydrogen and oxygen. To a great extent they meet the heat and energy requirement of the body. The chief sources of carbohydrates are:

A. Cereals
- Wheat and wheat products.
- Corn and corn products.
- Rice, oats, barley, rye and their products.
- Tapioca, sago.

B. Sweet Foods
- Sugar and sugar products.
- Honey.
- Sweet fruits.
- Preserves, jams and jellies.

C. Sweet and starchy vegetables
- Potatoes, Irish and sweet.
- Carrots, parsnips and other root vegetables.
- Corn.
- Dried legumes.

In many diets, carbohydrate foods are too freely used; their over-use becomes a danger when white bread, cakes, pastry, sugar and candy are the almost exclusive sources of carbohydrates.

III. Proteins are nitrogen-containing compounds, and are necessary for the constitution of the various proteins in the tissues and fluids of the body. While they also serve as sources of heat and energy, their chief function is that of

building. They are composed of nitrogen, carbon, hydrogen, oxygen, sulphur, and in some cases phosphorus and iron. Since they vary in their completeness as to the elements necessary for body-protein building, they are graded as shown below.

The chief sources of proteins are:

A. Complete proteins (adequate for building body proteins)..... { Milk. Cheese. Eggs. Muscle of beef, veal, lamb, pork, poultry, fish, shellfish. Nuts.

B. Less complete proteins (not adequate alone for building body proteins)..... { Wheat. Corn.

C. Incomplete proteins. (Require to be supplemented from grade A.)..... { Other cereals than wheat and corn, legumes (peas, beans, lentils).

D. Protein-sparer; not a builder of body proteins.... { Gelatine.

Of all the protein foods, milk is of greatest importance because of the character of its proteins and its richness in other essential food materials. This is true especially in regard to diets for children.

IV. Fats and Lipoids are compounds of carbon, hydrogen and oxygen; lipoids differ from the fats proper, in that they contain a nitrogen or nitrogen and phosphorus radicle, making them of special value in growth processes—these are such as fats in milk, egg yolk, nerve and brain tissues.

Fats are sources of heat and energy and are much more concentrated in fuel material than the carbohydrates and proteins; they are stored as fatty tissue in the body where they may serve as a reserve fuel supply, and also act, as an insulating medium, in the regulation of temperature.

The chief sources of fats are:

A. **Animal fats**.. { Milk, cream, butter, cheese. Meat fat—beef, lamb, pork, etc.

B. Vegetable fats
- Nuts, nut oils.
- Germs of grains (cereal oils—as corn oil).
- Olive oil, cocoanut oil.

V. Mineral Salts are the compounds of a number of mineral elements which enter into body composition; of the elements, those which require special consideration in matters relating to diet are iron, calcium and phosphorus; an adequate supply of these from foods is considered to be a safe guarantee of the requirement of others, as magnesium, potassium, etc. Sodium is added to foods as sodium chloride (salt) for flavoring; in some special cases, the iodine requirement is not met in the ordinary diet.

The chief sources of mineral matter are:

A. Vegetable foods...
- Leaf and stalk vegetables.
- Root vegetables (mostly in a layer near the surface).
- Whole grains and cereals.

B. Fruits.

C. Milk, which is a most valuable source of lime and phosphorus and is therefore of prime importance in diets for children.

D. Meats—the juice of red meats furnishes considerable iron, which is lacking in milk.

Modern manufacturing processes (used in the preparation of such foods as cereals, of which a large proportion of the average diet is composed), result in a considerable lessening of the mineral content by the removal of the germ and bran; therefore an adequate diet contains an abundance of those other foods which may replenish that loss—such foods as milk, fruits, leaf vegetables.

VI. Vitamins are the subject of extensive investigation and, up to the present time, are better known because of their absence than their presence. A diet may be adequate in all other respects, but, because of a lack of vitamins may be the cause of one of a number of "deficiency diseases." Very little is known of their composition, but research workers have given us much valuable data as to the foods which may be termed "*protective* foods" because of their vitamin content.

The chief sources of vitamins are:

Vitamin A.	
1. Soluble in fat of the food.	Milk, butter, cream.
2. Necessary for growth and development.	Egg yolk.
3. Lack of this vitamin results in malnutrition, rickets, diseased condition of the eyes.	Fat of liver and kidneys (cod liver oil).
	Germs of cereals.
	Tomatoes, carrots, sweet potatoes.
	Yellow corn, oranges.
	Leafy vegetables (very little).
Vitamin B.	
1. Soluble in water of the food.	Plant foods, especially of the leaf and stalk variety, as cabbage, lettuce, spinach.
2. Necessary for growth and development.	Root vegetables.
3. Improves the appetite.	Fruits.
4. Increases assimilation of food.	Germ and bran of cereals.
5. Lack of this vitamin results in under development, low resistance, low functioning powers.	Milk.
	Yeast.
Vitamin C.	
1. Soluble in water of food.	Fruits, especially oranges and tomatoes.
2. Necessary to a healthy condition.	Vegetables, especially green vegetables.
3. A continued lack of this vitamin results in scurvy.	Raw milk.

A diet which includes liberal amounts of milk, fresh vegetables and fruits, admits of very little danger of "deficiency diseases," but when fine cereal foods and much meat form a large part of the diet, the problem is sure to arise in one of its many forms. While the effect of long storing and long cooking of foods (as in canning) varies, it should be remembered that in many cases the tendency is to reduce the vitamin content of the food and therefore to lessen its efficiency. It is a wise rule to follow that some fresh, uncooked food—fruit or vegetable—be eaten every day.

VII. Roughage refers to the insoluble and therefore indigestible part of certain foods. This material, which exists in all vegetable foods in their natural condition, forms the framework and covering of the various parts. Here, again, modern methods of preparation reduce the natural value of foods by the removal, in part or entirely, of those substances which stimulate the movements of the digestive tract and therefore help to keep it in a healthy condition.

The chief sources of roughage are:

Vegetable foods.
- Leaf and stalk vegetables—fibrous framework.
- Root vegetables—fibrous material throughout and outer skin.
- Cereals—bran covering.
- Fruits—fibrous framework and skin.

Summary.

A study of the facts which have been enumerated emphasizes the importance of a diet which contains

1. foods in their natural state—fruits, vegetables and cereals.

2. a liberal use of milk and eggs—meat is not of equal importance.

3. plenty of water.

B.—PRINCIPLES UNDERLYING THE PLANNING OF DIETS.

I. Buying of Food.

Since, at the present time, the largest expenditure of the income is for food, a safe and satisfactory return, in terms of health for money spent, can be hoped for only when a proper distribution is made. The following apportionment may serve as a guide:

TABLE I.—FOOD BUDGET.

Percentage of money allowed for food	Kind of food purchased.	Distribution.
About 25 to 30....	Sweet foods.	Sugar, candy, etc., 4 to 8%.
	Cereals and cereal products.	Breads, cakes, cereals, 12 to 15%.
	Starchy vegetables.	Vegetables, 4 to 8%.
About 15 to 20....	Leafy vegetables.	
	Fruits.	
About 20 to 25....	Milk.	
	Butter.	
	Cream.	
About 20 to 25....	Meat.	Meats and fish, 10 to 15%.
	Meat substitutes, as eggs, cheese, nuts.	Eggs, 5 to 7%. Cheese and nuts 3 to 5%.
About 5 to 10.....	Fats and oils.	
	Condiments.	

How to Practise Economy.

1. Use milk freely. One quart of milk for each child and one-third to one-half as much for each adult, is an economical expenditure.

2. Use meat sparingly. For the average person, meat once a day is quite sufficient and all that is wise. Learn to use cheap cuts of meat which equal and sometimes exceed more expensive cuts in the amount of nutriment provided.

3. Use meat substitutes. Milk is always a cheap substitute; cheese and nuts may be used to advantage; eggs, when not too expensive.

4 Use plenty of fruits and vegetables. Tomatoes (fresh or canned) and cabbage (of the leafy vegetables) are among the *protective* foods and are cheap enough to be a profitable purchase at any season, and therefore available to all.

5. Use bread and other cereal foods freely. These are the cheapest sources of energy, but their use should not exclude vegetables and fruits; (bread is not a complete substitute for potatoes).

Mistakes in the purchase of food are made when

1. much money is spent on cakes, pastry, jellies, jams, candy and high-priced ready-to-serve foods.

2. foods are bought out of season.

3. expensive cuts of meat are used.

II. Selection of Food.

The selection and preparation of foods should be considered one of the most important duties one may be called upon to perform—a duty which should not be assumed without an intelligent understanding of those principles which make for health and physical well-being.

1. Make the "protective" foods (milk, fruits and vegetables) the basis around which other foods are grouped; select foods from each group as given in Table III.

2. Include some laxative foods in every meal—foods containing roughage, fat or oil, vegetable acids.

3. Include some hard food in every meal, in order to exercise the teeth. Exercise, in all cases, increases circulation and a more complete distribution of the nutrients of food. Mastication of crisp, firm food plays an important part in the formation of teeth of good structure and enduring qualities.

4. Select foods suitable to the season of the year, the age of those being served, and the work which is carried on.

Mistakes are made when

1. time is spent in the preparation of elaborate dishes, except for occasional serving.

2. over-rich food is used.

3. too great a variety is included in a single meal; simple meals are much more easy of digestion than those which are complex.

Variety may be achieved by

(a) using a variety of foods from day to day and from week to week.

(b) preparing an amount sufficient for the meal in order to avoid many "left-overs."

(c) preparing foods in different ways—for example, potatoes and apples admit of a great variety of methods of preparation, with very little difference in time and material required.

(d) making use of foods when in season.

(e) developing the natural flavor of the food rather than depending upon added flavorings, as spices, which with continued use become tiresome and uninteresting.

III. Quantity of Food.

A. The amount of food required depends upon age, size, sex, climate, energy expenditure and condition of health. The quantity of food necessary for a child provides sufficiently for normal growth and a healthy physical condition; for an adult, the food required is adequate in maintaining normal weight under existing conditions as to work, climate, etc. The appetite cannot be followed as a safe guide—over-eating is very frequently a dangerous habit; under-eating may be accompanied by as great a risk.

The following table shows briefly the normal food requirements:

TABLE II.—DAILY FOOD REQUIREMENTS.

Individual.	Weight.	Activity.	Requirements in Calories.
Man.....	150 lbs.	Moderatively active work.	2500 to 3200
		Sedentary work.	2200 to 2800
Woman....	130 lbs.	Moderatively active work.	2200 to 2500
		Sedentary work.	2000 to 2200
Children...	Ages.		
	1 to 2 years.		1000 to 1200
	2 to 5 years.		1200 to 1500
	6 to 9 years.		1400 to 2000
	10 to 13 years.	Boys, 2300 to 3000	Girls, 1800 to 2400
	14 to 17 years.	Boys, 2800 to 3400	Girls, 2200 to 2600

(Note the requirement of growing children as compared with adults at moderatively active work).

B. A diet may be considered as well-balanced when about 10 to 12 per cent. of the total energy requirement is provided by protein. The following table may serve as a help in the selection of foods:

TABLE III.—DIET PLAN.

Percentage of Food Requirement.	General Source.	Specific Foods.
10 to 15...	Foods rich in sugar.	Sugar, syrups, candy, jelly, preserves, dried fruits, sweet cakes.
30 to 40...	Foods rich in starch.	Cereals and cereal products (including flour mixtures), starchy vegetables, tapioca, sago.
10 to 15...	Foods rich in fat.	Fat meats, lard, oils, butter, cream, cheese, egg yolks ($\frac{1}{3}$ fat), nuts.
25.....	Foods rich in protein.	Milk, cheese, eggs, nuts, legumes, lean meats, fish, poultry.

(Note—only one-third of the total protein of the diet should be provided by flesh food.)

Mistakes are made when

1. too much sugar is used. Sugar is the purest form of carbohydrate; it is heat and energy producing, but has no value in body building, being entirely free from protein and the so-much-needed mineral salts. A large amount of sugar reduces the appetite for other foods and therefore interferes greatly with the possibilities of an adequate diet.

2. too much starch is used. Women, perhaps more than men, tend to choose largely from starchy foods in the form of flour mixtures of various kinds. Fine white flour, which, at the present time, forms the bulk of that used, has been lessened very considerably in its vitamin and mineral content, by its manufacture from the grain.

3. too much protein is used. Protein is the most complex of all the nutrients of foods, involving much more work in digestion and elimination than the fats and carbohydrates; also, because the body has no means of storing surplus protein, only that which is necessary for the daily requirement should be used.

IV. Habits in regard to Food.

1. Cultivation of a normal appetite. It cannot be too strongly urged upon mothers that they cultivate in their children a liking for good, wholesome food. Very frequently a diet becomes inadequate because of a supposed dislike of some of the most necessary foods; this is true, in many cases, in regard to milk, eggs and vegetables.

2. Eating between meals should be discouraged, except in the case of those children who are underweight, invalids and those with naturally small appetites. The food eaten should be a suitably chosen lunch, and not an indiscriminate nibbling of whatever has the strongest appeal. Too much candy is eaten for health.

3. Thorough mastication of foods should become a habit in early life, in order that the organs of digestion may be assisted in their work, and in order also to promote a healthy condition of the teeth: hard food should be included in every meal. A present-day tendency which is to be deplored is that of using freshly cooked flour mixtures; these are made almost exclusively of finely milled flour, with the result that very little resistance is offered in their mastication.

4. A condition of fatigue or nervousness should always suggest a careful choice of simple, nourishing food.

5. Fads, in regard to foods, should be of little interest to the common-sense person whose first business in life is to be well.

V. Food Combinations.

1. Distribute very rich foods over a day or, better still, over several days; pork and pastry should not appear on the same dinner menu.

2. Serve concentrated foods with those more dilute; for example, meat, eggs and cheese served in the same meal result in a combination which is much too concentrated; the same is true when rich cake is served with ice cream.

3. Combine foods in which differences in texture are evident; in this point is found one of the reasons for the enjoyment of a crisp salad following the meat course at dinner; for the same reason crackers and cheese are much more interesting than bread and cheese.

4. Study pleasing combinations from the standpoint of flavor and color. Meals which have been carefully prepared and artistically served are eaten with a relish which in normal cases almost surely guarantees good digestion and a condition of fitness which nothing so much as wholesome food can produce.

NOTES

CHAPTER II.

ABBREVIATIONS, MEASUREMENTS AND TEMPERATURES

ABBREVIATIONS.

The writing of recipes becomes very much simplified when abbreviations are used. Those stated below have been followed consistently throughout this book:

1 teaspoon	1 T.
1 tablespoon	1 tb.
1 cup	1 c.
1 ounce	1 oz.
1 pound	1 lb.
1 pint	1 pt.
1 quart	1 qt.
Few grains	f.g.

MEASUREMENTS.

3 T	1 tb.
16 tb	1 c.
1 c. measures	½ pt.

Notes on Measuring.

1. The recipes given in this book have been tested for standard measurements only.

2. When measuring liquids, the cup should be as full as it will hold; fine, dry materials, as flour, should be sifted before measuring, then levelled with a knife. The material should not be packed down.

3. To measure 1 tb. fill the tablespoon, then level with the straight edge of a knife.

4. To measure ½ tb. first measure 1 tb., then divide spoon in halves from handle to tip.

5. To measure ⅓ tb. first measure 1 tb., then divide spoon in thirds from side to side

TABLE OF WEIGHTS AND MEASURES.

2 c.	1 pt.	3½ c. graham flour	1 lb.
4 c.	1 qt.	1¾ c. rice	1 lb.
2 tb. butter	1 oz.	5½ c. rolled oats	1 lb.
2 c. butter	1 lb.	4½ c. ground coffee	1 lb.
3½ tb. flour	1 oz.	4¾ c. tea	1 lb.
3½ c. flour	1 lb.	3½ c. cocoa	1 lb.
2 tb. granulated sugar	1 oz.	2 c. chopped meat	1 lb.
2 tb. fruit sugar	1 oz.	4 c. grated cheese	1 lb.
3 tb. brown sugar	1 oz.	8 or 9 eggs	1 lb.
2 c. granulated sugar	1 lb.	1 egg	about 2 tb.
2 c. fruit sugar	1 lb.	1 square chocolate	1 oz.
2¾ c. icing sugar	1 lb.	4 tb. grated chocolate	1 oz.
3¼ c. brown sugar	1 lb.	4 tb. granulated gelatine	1 oz.
2½ c. cornmeal	1 lb.		

Note on Recipes.

In order to avoid a repetition of recipes, the individual amount for class work is placed at the left of the line in the recipe, the large amount on the right side. This arrangement of quantities may be useful to those preparing food for two or three, in which case it may be more convenient to increase the individual quantity rather than to lessen the larger amount.

TEMPERATURES.

In order to obtain a correct temperature a mercury thermometer should be used; those specially designed for the oven and confectionery are most convenient. The heat indicator on the oven door may not agree with the temperatures stated below:

(A.) Water Temperatures.

Simmering point	185°F.
Boiling point	212°F.

(B.) Oven Temperatures.

Slow oven	250° to 325°F.
Meringues	250° to 300°
Soufflés	275° to 325°
Custards	300° to 325°
Sponge cake	275° to 325°
Fruit cake	250° to 300°

Moderate oven.....325° to 375°F.
Plain cake.....350°
Cookies.....325° to 350°
Bread.....350°; increase in 10 to 15 mins. to 400°
Muffins.....350° to 375°
Hot oven.....375° to 450°F.
Tea biscuits.....400° to 425°
Fruit pies.....450°
Very hot oven.....450° to 500°F.
Pastry shells.....500°
Roasts.....450° for 15 to 20 mins. reduce to 400°.

(C.) Deep Fat Temperatures.

For cooked foods and oysters..... 390°.
For uncooked foods.....365°.

(D.) Sugar Syrup Temperatures.

Soft ball.....235° to 240°
Fondant.....235°
Maple cream.....238°
Boiled frosting.....235°
Hard ball.....250°
Brittle—hard candy.....275° to 300°
Caramel.....310°

NOTES

CHAPTER III.

MEATS

(A).—BEEF.

General Rules for Cooking Meats.

The methods for cooking meats may be divided into two general classes—"quick methods," as broiling, pan-broiling, roasting; "slow methods," as stewing, braising, pot-roasting.

"Quick methods" should be used only for tender meats: exception is made to this general rule when tough meat is finely chopped to break up the connective tissue, then cooked as tender meat.

When the cooking of tough meat is to be carried on "below boiling point," the temperature should be regulated so that the liquid around the meat does not show the breaking of bubbles on its surface. The reason for this is that when meat is cooked by boiling, the connective tissue may be so softened the meat falls apart, but at the same time the protein is hardened and made difficult of digestion.

Better results in cooking are obtained if meat is fairly thick, e.g., steaks and roasts.

Meat should be taken from the paper as soon as received. Place it on an earthenware or granite dish; cover; keep in cool place.

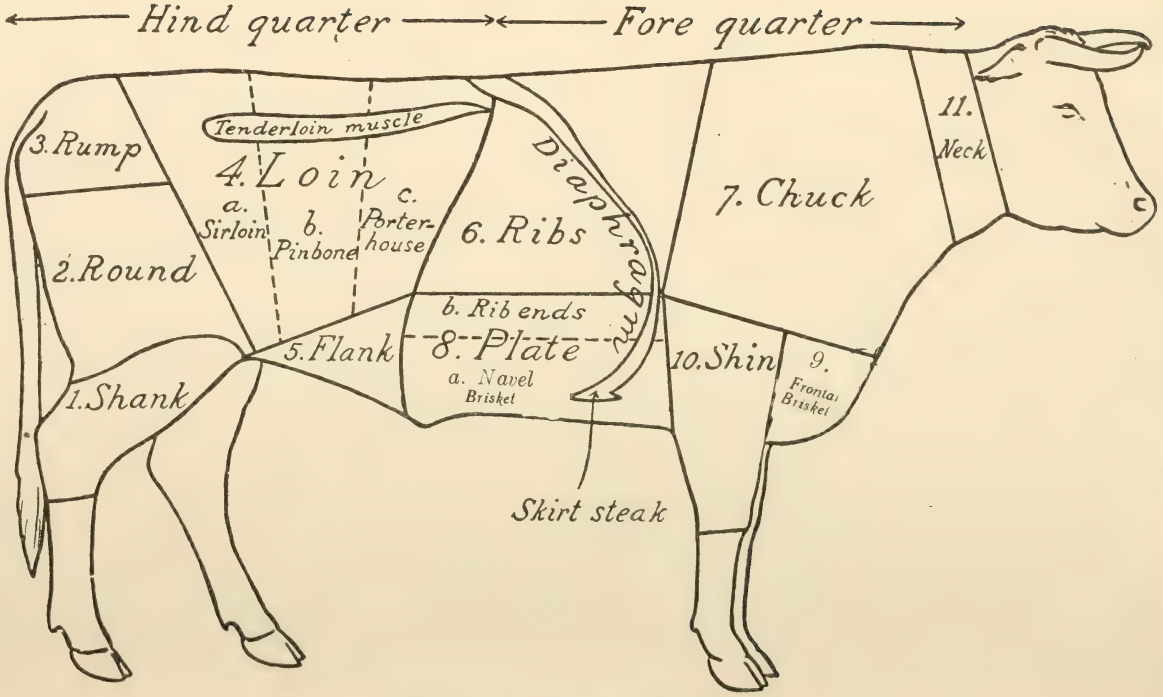


DIAGRAM 1.—Wholesale Cuts of Beef.

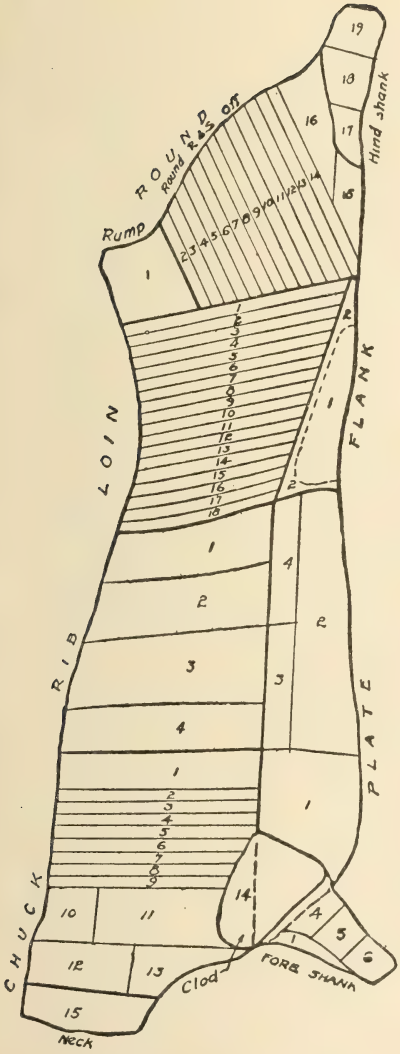


Diagram 2. Retail Cuts of Beef.

HIND QUARTER

Round:

Rump:

1	Rump

Round: rump and shank off

2	Round steak, first cut
3-13	Round steaks
14	Round steak, last cut
15	Knuckle soup bone
16	Pot roast

Hind shank:

17, 18	Soup bones
19	Hock soup bone

Loin:

1	Butt-end sirloin steak
2	Wedge-bone sirloin steak
3, 4	Round-bone sirloin steak
5, 6	Double-bone sirloin steak
7	Pin-bone sirloin steak
8	Pin-bone porterhouse steak
9-15	Regular porterhouse steak
16-18	Club steaks

Flank:

1	Flank steak
2	Stew

FORE QUARTER;

Rib:

1	11th and 12th rib roast	Prime ribs
2	9th and 10th rib roast	
3	7th and 8th rib roast	
4	6th rib roast	

Chuck:

1	5th rib roast
2-9	Chuck steaks
10-13	Pot roasts
14	Clod
15	Neck

Plate:

1	Frontal brisket
2	Navel brisket
3, 4	Rib ends

Fore Shank:

1	Stew
2	Knuckle soup bone
3-6	Soup bones

TABLE IV.

Cuts of Beef	Approximate weight of cuts	Approximate waste in cuts	Price	Cooking	Notes on Purchase
Steaks—					
Tender—					
Club	¾ to 1 lb.			Broil or pan-broil.	Small steak for one or two people.
Porterhouse	1 to 2 lbs.	12%		Broil or pan-broil.	Not as profitable as sirloin.
Tenderloin	⅓ to ½ lb.			Broil or pan-broil.	As a rule, obtainable only on special order; expensive because its removal lessens the value of other cuts.
Sirloin	1¾ to 3 lbs.	11%		Broil or pan-broil.	Better steak for large family than porterhouse. "Pin-bone" sirloin is most profitable of large steaks.
Less tender—					
Round	2 lbs.	10%		Broil or pan-broil, then simmer in a gravy, or mince and pan-broil.	First cuts of round are best; upper cut of round more tender than lower.
Rump	1 to 1¼ lbs.	18%		" " "	Inner part of rump is more tender.
Chuck	2 lbs.	14-20%			
Tough—					
Lower Round	1 to 1½ lbs.	16%		Stew.	
Flank	1 to 1½ lbs.	3%		Pan-broil and simmer in gravy, or use in stews.	Has good flavor.
Skirt	1 lb.			" " "	" " "
Roasts—					
Tender—					
Wing	3½ to 6 lbs.			Roast 20 mins. to the lb.	Small roast with tender meat but large proportion of bone. Not economical.
Porterhouse	3½" thick, 5 to 8 lbs.	12%		" "	Contains large amount of under cut.
Sirloin	5 to 10 lbs.	11%		" "	More satisfactory than porterhouse if fairly large roast is needed.
Fillet (Tenderloin)	2½ to 4½ lbs.			See Method p.29	Always expensive; juicy, but not highly flavored.
Ribs, 1st cut	1 rib, 3½ lbs.				May be bought as "standing" or "rolled" roasts. Select roasts with fairly thick rim of fat and streaked with fat throughout.
	2 ribs, 7 to 8 lbs.	15 to 20%			
"Prime Ribs," first 5 or 6 ribs on fore quarter	1 rib, 3½ lbs.				
Ribs, 2nd cut	2 ribs, 7¼ to 9 lbs.				

Less tender—					
Round	3 lbs. and over.	10%		Longer cooking is required (than for tender cuts); use self-basting pan or cook as pot-roast. 5 lbs., approx. 2½ hrs., or braise on bed of vegetables.	Good flavor, but apt to be dry if roasted as tender roasts. Round is used for spiced beef.
Chuck	5 to 6 lbs.	14 to 20%		" " "	
Shoulder	2½ lbs. and over.	12 to 23%		Pot-roast or braise.	More satisfactory as large roast than small. Has large proportion of bone.
Tough—					
Lower Round	4 to 8 lbs.	10%		Pot roast, 2½ to 4 hours, according to size.	Satisfactory as a cheap cut because of small waste.
Rump, Square end	4 to 5 lbs.				
Round end	5 to 6 lbs.	18%		Pot roast, 2½ to 3½ hours.	Square end is more satisfactory than round.
Brisket—					
{ Navel, whole	8 lbs.			Cook in water flavored with vegetables, 25 to 30 mins. to 1 lb.	May be bought fresh or corned. Frontal contains more fat than navel brisket.
{ Frontal	1½ lbs. and up				
Plate	Up to 10 lbs.	16 to 35%		Pot roast, 25 to 30 mins. to 1 lb.	Usually rolled before cooking; contains considerable fat.
Stewing meat—					
Round, lower cuts	See above.				
Flank	" "				
Skirt steak	" "				Taken from diaphragm.
Neck	Any weight.				
Stock meat—					
Shank	5 to 6 lbs.			See Method p. 110	
Neck	Any weight				
Tail	1 to 1½ lbs.				
Other Parts Used—					
Heart	3½ to 4 lb			Stuff and braise.	
Tongue	3½ to 4 lbs.	25%		Cook in water below boiling; press and serve cold.	Usually sold pickled.
Liver	8 lbs.			Sauté.	Should be clear, dark red color.
Tripe				Stew until tender.	

NOTES

PHOTOGRAPHIC ILLUSTRATIONS OF MEAT CUTS

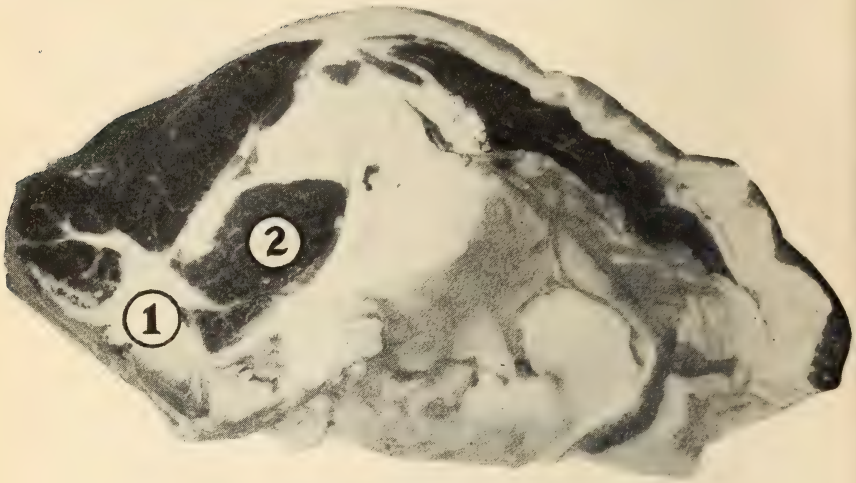


FIG. 3.—Porterhouse Steak.
1 T-bone. 2 Tenderloin (undercut).



FIG. 4.—Sirloin Steak.
1 "Long" or "Flat" hip bone. 2 Backbone.



FIG. 5.—Club or Wing Steak.
1 Backbone 2 Short rib

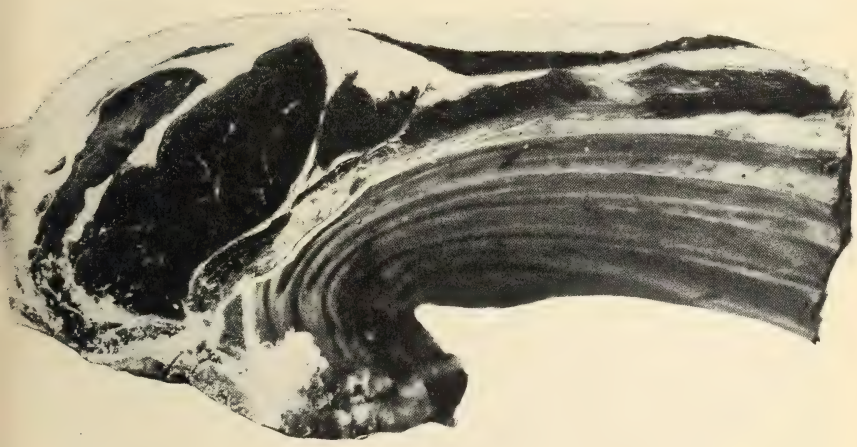


FIG. 6.—Prime Rib Roast.

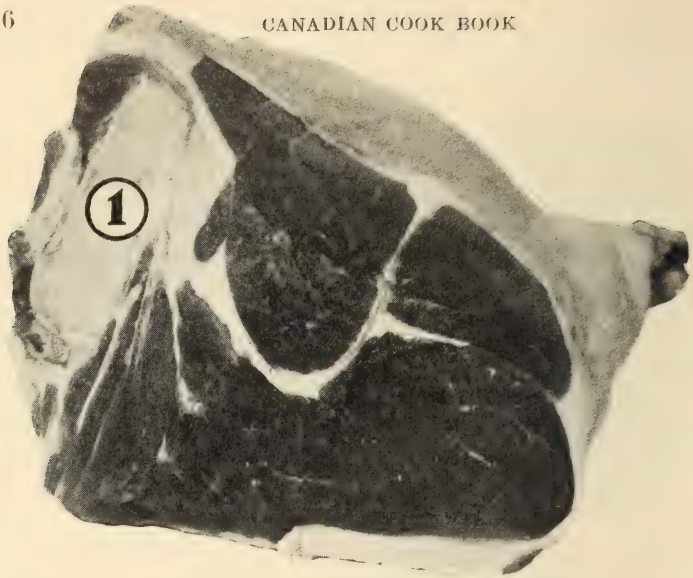


FIG. 7.—Rump Roast. 1 Aitch Bone.

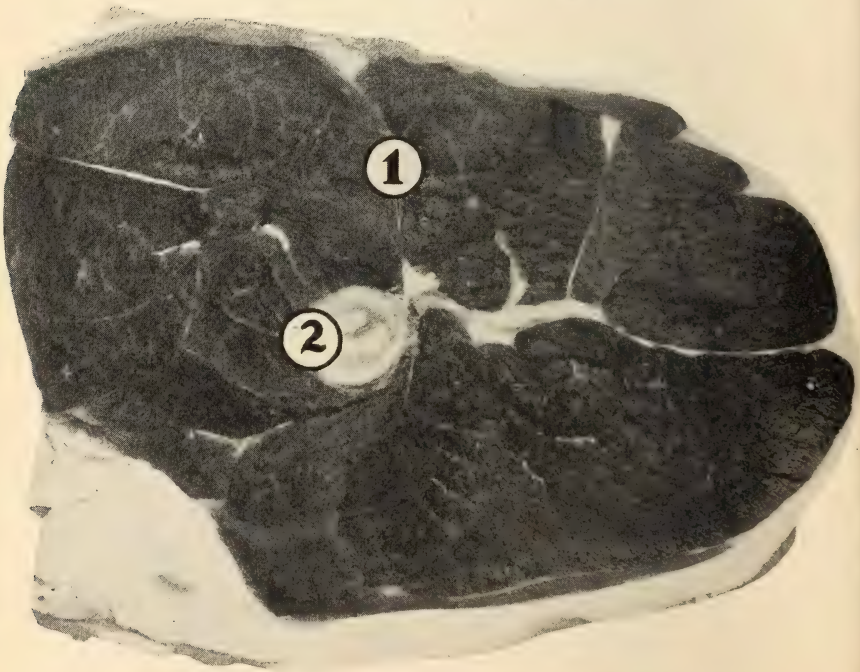


FIG. 8.—Round Steak. 1 Upper Cut. 2 Leg bone (marrow bone).

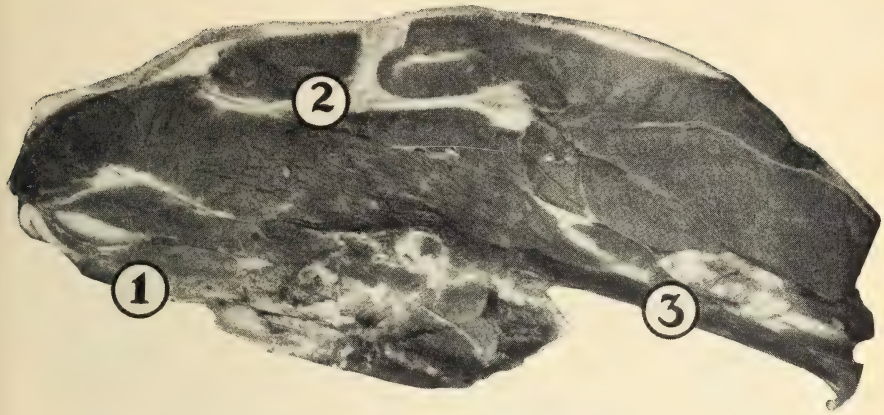


FIG. 9.—Shoulder Pot Roast.

1 Backbone.
2 Blade bone.
3 Ribs.



FIG. 10.—Chuck Rib Roast.

1 Ribs.
2 Shoulder Blade.
3 Back bone.



FIG. 11.—Frontal or Fancy Brisket.
1 Breast bone.

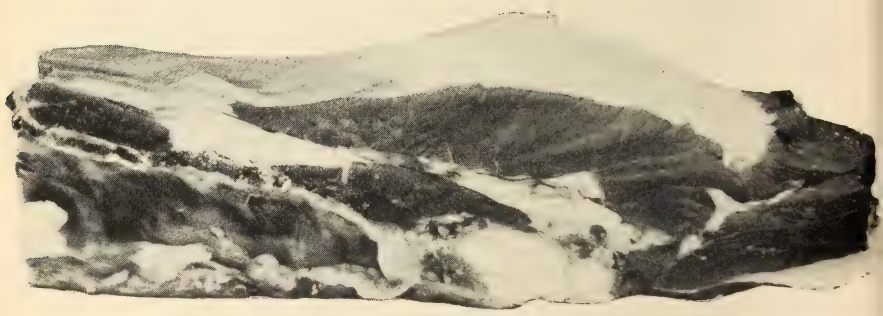


FIG. 12.—Frontal Brisket.

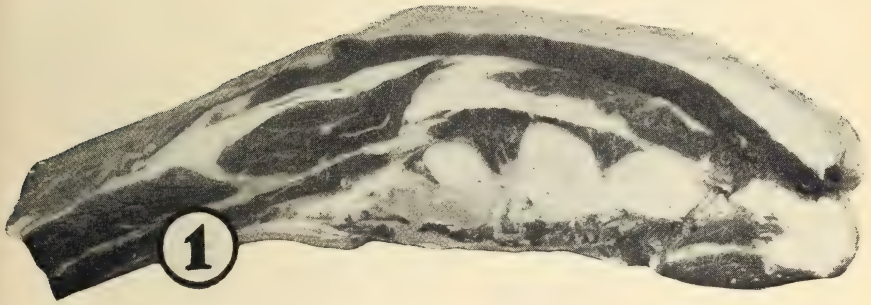


FIG. 13.—Plate Roast (pot roast).
1 Ends of ribs.

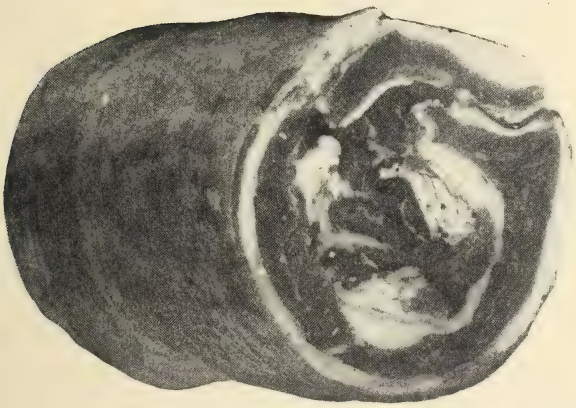


FIG. 14.—Rolled Plate (boned and rolled).

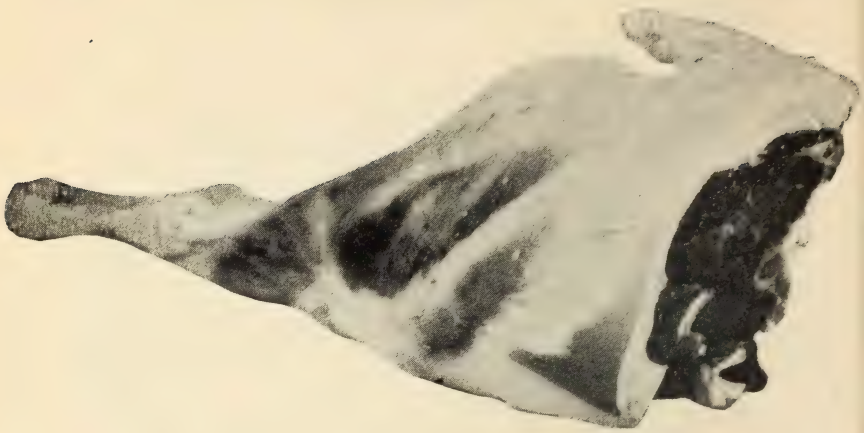


FIG. 17.—Leg of Lamb.



FIG. 18.—Loin of Lamb.

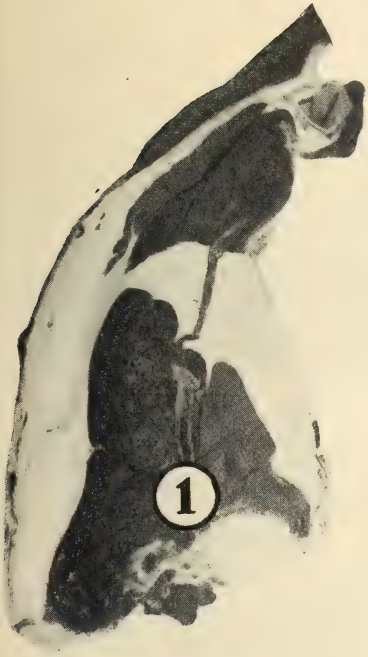


Fig. 19.—Loin Chop.
1 T-bone.



Fig. 20.—Rib Chop (Frenched)
1 Rib. 2 Back bone.

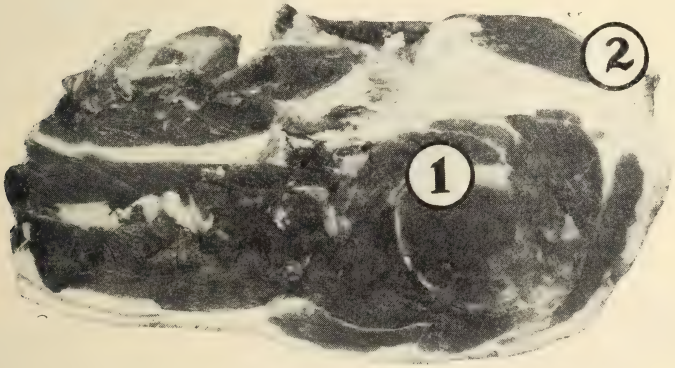


Fig. 21.—Shoulder Chop
1 Shoulder bone. 2 Back bone.

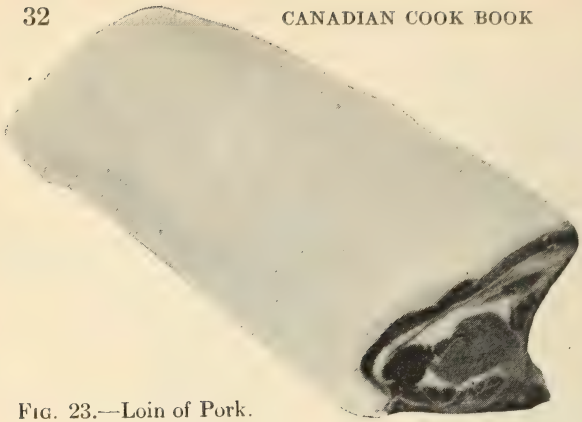


FIG. 23.—Loin of Pork.

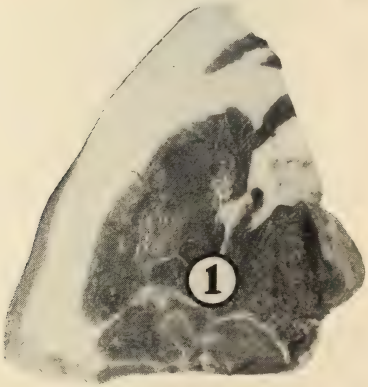


FIG. 24.—Pork Chop (Loin)
1 T-bone.

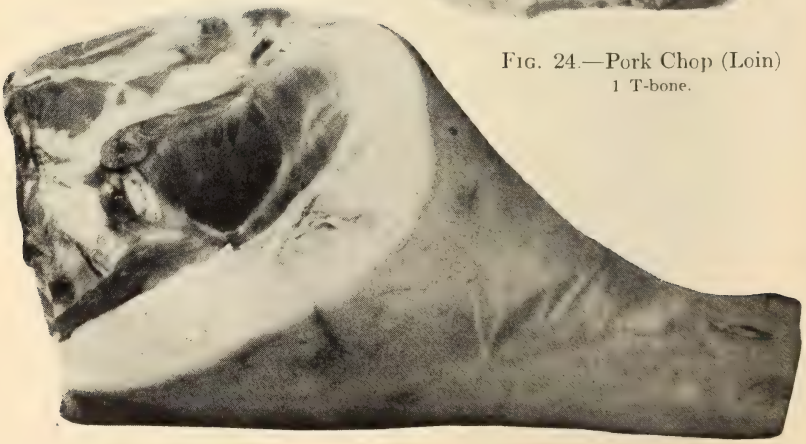


FIG. 25.—Fresh Ham.

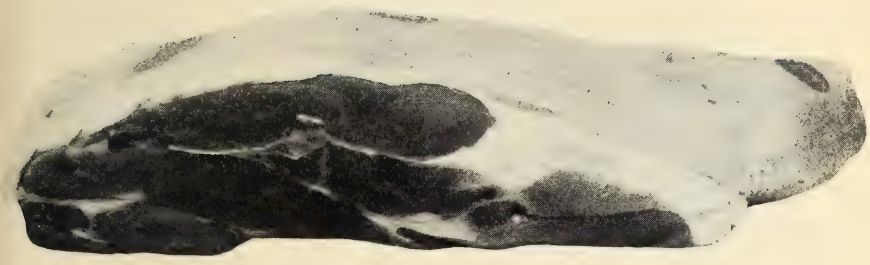


FIG. 27.—Cured Shoulder of Pork.



FIG. 28.—Cured Ham.

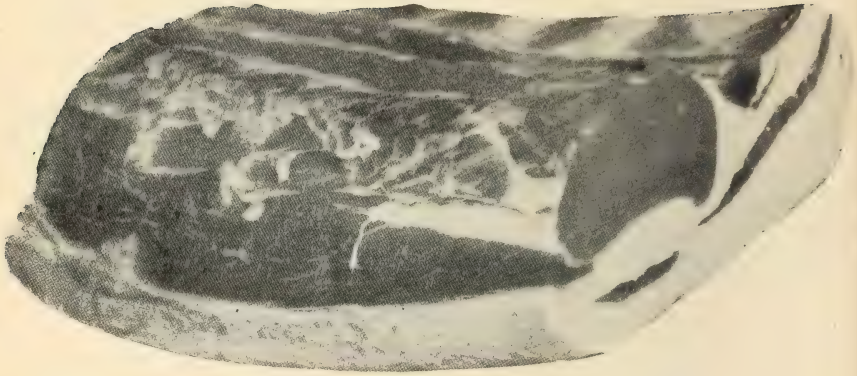


FIG. 29.—Back Bacon.

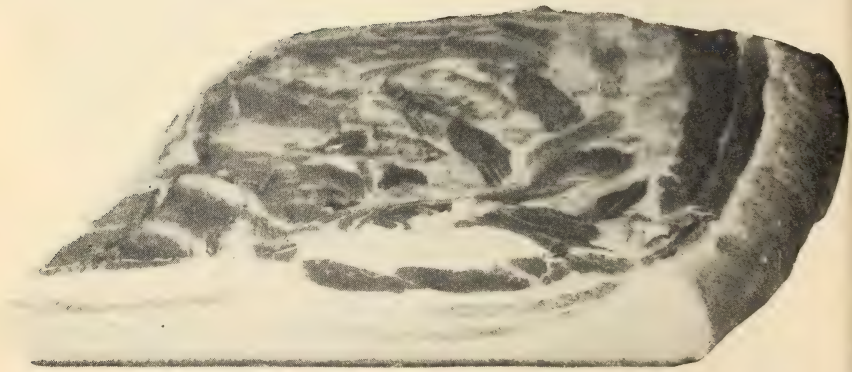


FIG. 30.—Side Bacon.

PAN-BROILED STEAK.

1. Wipe meat with a damp cloth.
2. Trim off superfluous fat.
3. Heat frying-pan; grease slightly with piece of fat on the end of a fork.
4. When pan is very hot, put in the meat.
5. Sear on both sides; reduce heat.
6. Turn every 2 mins. until cooked.
7. Season with salt and pepper when partly cooked.
8. As meat is cooking, pour off fat that collects in pan.
9. Serve with Brown Gravy, Mushroom Sauce or Lemon Butter.

Time—

Steak, 1 inch thick, rare, cook 5 to 7 mins.
Steak, 1 inch thick, medium, cook 6 to 8 mins.
Steak, 1 inch thick, well done, cook 8 to 10 mins.

BROILED STEAK.

1. Wipe meat; trim off extra fat.
2. Heat a broiler: rub over with fat.
3. Place meat in broiler; broil over glowing coals or in the broiling oven of a gas or electric range.
4. Sear meat on both sides, then reduce heat; turn every 2 minutes.
5. Season when partly cooked.

Time—Same as for pan-broiling.

ROAST BEEF.

1. Weigh meat; wipe with damp cloth.
2. Place on rack in roasting pan, skin side down.
3. Dredge with flour.
4. Place pieces of fat in pan around the meat.
5. Place in hot oven to sear, then reduce the heat.
6. Baste meat every 10 minutes with fat in the pan.
7. Season with salt and pepper when half cooked.
8. Turn with skin side up for final browning.

Time—For roasts up to 8 lbs., allow 20 minutes to the pound; for roasts more than 8 lbs., allow 25 minutes to the pound.

Gravy for Roast Beef.

1. For 1 c. gravy leave 2 tb. fat in the pan.
2. Add 3 tb. flour; stir together over heat until brown.
3. Add 1 c. boiling water or stock, stirring rapidly.
4. Cook until thick and smooth.
5. Season with salt and pepper.
6. Strain.

Note.—1 T. chopped onion may be browned in the fat before adding flour.

FILLET OF BEEF.

2½ to 3 lbs. of beef tenderloin.
⅛ lb. larding pork.
1 small onion.
1 carrot.
1 stalk celery, or
1 T. dried celery leaves.
4 cloves.
2 bay leaves.

1. Wipe and trim the fillet.
2. Cut pork into strips 3″ long, ¼″ wide, ⅛″ thick.
3. Chill strips until firm, then lard upper side of fillet.
4. Slice the vegetables; place vegetables, seasonings and trimmings from meat in baking pan.
5. Place fillet on these; dot over with pieces of butter.
6. Add 1 T. salt dissolved in ½ c. boiling water.
7. Roast 15 mins. to 1 lb. and 15 mins. extra.
8. Serve with Brown Mushroom Sauce.

POT ROAST OF BEEF.

This method is suitable for tough roasts, such as rump chuck, round.

1. Weigh meat; wipe with damp cloth.
2. Sear and brown in hot, greased frying-pan or kettle.
3. Place in deep kettle on a trivet.
4. Surround with 1 c. boiling water and 1 c. cubed vegetables—carrot, celery, turnip and a little onion.
5. Cover *tightly;* cook below boiling point until the meat is tender.
6. Add hot water as needed; season when partly cooked.

7. Place on platter; arrange vegetables around roast; serve with Brown Gravy.

Time—Cook 30 to 40 minutes to the pound and 30 minutes extra.

The length of time required depends upon the toughness of the meat.

BRAISED BEEF.

1. Prepare the meat for cooking; sear as for pot-roast.
2. Place on a bed of cubed vegetables (carrots, turnip, celery and onion) in a baking pan.
3. Add 1 c. boiling water.
4. Cover tightly; cook in a moderate oven until tender.
5. Season when partly cooked.
6. Uncover near the end of the cooking, to brown.

Time—as for pot-roasts.

SWISS STEAK.

2 lb round steak, 1″ to 1½″ thick.
⅓ c. flour.
1 T. salt.
⅛ T. pepper.
2 tb. dripping.
1 slice onion.
2 c. boiling water, or
1 c. water and 1 c. strained tomatoes.

1. Wipe meat; place on board.
2. Dredge with mixed flour and seasonings.
3. Pound flour into meat, using wooden potato masher or edge of heavy plate.
4. Heat frying pan very hot; put in fat.
5. Brown meat on each side.
6. Add onion, boiling water and tomato.
7. Cover tightly: cook below boiling point 2 hours.

Note.—Meat may be cooked in this way in a casserole in oven.

Vegetables, as green peppers and carrots, may be added.

HAMBURG STEAK.

1 tb.	1½ lbs. round steak, minced.
f. g.	1 T. salt.
f. g.	⅛ T. pepper.
⅛ T.	1 T. parsley, finely chopped.

1. Add seasonings to the meat: mix thoroughly.

2. Shape into firm, flat cakes ¾″ thick.
3. Pan-broil.

BEEF STEW.

3 1″ pieces	1½ lbs. tough beef.
½ T.	1 small onion.
½ tb.	⅓ c. turnip, cut in cubes.
1 tb.	⅔ c. carrot, cut in cubes.
2 slices.	3 or 4 potatoes, cut in ½″ slices.
¼ T.	1½ T. salt.
f. g.	⅛ T. pepper.
1 tb.	½ c. flour.
½ c.	1 qt. water.

1. Wipe the meat, remove fat, cut meat into 1″ pieces.
2. Cover coarser pieces and bone with cold water.
3. Let soak 1 hour, then heat to boiling.
4. Season remainder of meat; roll in flour.
5. Try out fat in frying pan; brown the meat and onion in the fat.
6. Add meat and onion to the stew; cook below boiling point 2 hours.
7. At end of first hour add turnip and carrots; add potatoes 15 minutes later.
8. Remove bones; thicken stock with flour and seasonings, mixed to a paste with cold water.
9. Cook until thick.

Note.—The amount of liquid should be kept up to 1 quart.

DUMPLINGS.

2 tb.	1 c. flour.
⅛ T.	2 T. baking powder.
f. g.	¼ T. salt.
⅛ T.	1 T. butter.
⅔ tb.	About ⅓ c. milk or water.

1. Mix and sift flour, baking powder and salt.
2. Cut in the butter.
3. Add milk or water to make a soft dough.
4. Break off small pieces: roll lightly in flour: or roll out and cut as small tea biscuits.
5. Cook in kettle with stew; set kettle back where stew will boil very gently, place dumplings on meat and vegetables;

cover *tightly*, cook without lifting cover 15 minutes; or place on floured plate in steamer, steam 20 minutes.

6. Serve on platter, around stew.

MEAT PIE.

1 lb. meat.
½ onion.
2 c. boiling water.
4 potatoes.
3 tb. flour.
1 T. salt.
⅛ T. pepper.

1. Wipe meat; cut into 1″ pieces.
2. Add onion and boiling water.
3. Pare and cut potatoes into ¼ inch slices and add to meat.
4. Heat to boiling point, then reduce heat and cook below boiling 30 mins.
5. Mix flour and seasonings to a paste, with cold water; add to stock to thicken.
6. Turn into a greased baking dish; place an inverted cup or pie funnel in centre.
7. Cover with rich biscuit dough or pastry.
8. Bake in hot oven.

Note.—If meat is tough, cook to make tender before adding potatoes.

Cooked meat, as left over beefsteak, may be used: use stock or gravy in place of boiling water.

ROLLED BRISKET.

1. Place meat in a deep kettle.
2. Add vegetables, cut in pieces (celery, carrot, turnip, onion).
3. Cover with boiling water; boil 5 minutes.
4. Reduce heat; cook below boiling point 3 to 4 hours.
5. Serve hot or cold.

CORNED BEEF.

1. Wipe meat, tie in shape.
2. Place in kettle, cover with cold water.
3. Heat to boiling point, boil 5 mins., remove scum.

4. Reduce heat; cook below boiling until tender, 3 to 4 hours.

5. Serve hot or cold.

Note.—If to be pressed, cool slightly in the water in which it was cooked.

Place in a meat press or in a bowl or crock. Cover and weight down, leave until cold.

PRESSED TONGUE.

1. Wash tongue thoroughly, trim the root.

2. Cook as Corned Beef.

3. Cool slightly in the water in which it was cooked then lift out; remove skin.

4. Place in meat press or crock.

5. Cover and weight down; leave until cold.

MOCK DUCK.

1½ lbs. round steak.
1½ c. bread crumbs.
1 T. chopped parsley.
1 T. summer savory or thyme.
½ T. salt.
⅛ T. pepper.
½ tb. chopped onion.
1½ tb. melted butter.

1. Trim bone and superfluous fat from meat.

2. Wipe with damp cloth; spread on board.

3. Mix crumbs and seasonings: add melted butter.

4. Spread crumbs over meat, roll up, tie in shape.

5. Place in roasting pan; pour around meat 2 tb. dripping melted in 1 c. boiling water.

6. Cover tightly; cook in a moderate oven 1½ to 2 hours; uncover last half hour of cooking.

7. Serve with Brown Gravy.

Note.—Meat may be made more tender by pounding before cooking; use wooden potato-masher or edge of a heavy plate.

BEEF LOAF.

1½ lbs. raw beef, minced.
1 c. stale bread crumbs.
1 T. salt.
⅛ T. pepper.
½ T. grated onion.
½ T. grated lemon rind.
1 tb. chopped parsley.
1 tb. butter, melted.
1 egg.

1. The meat should be finely minced.
2. Add seasonings, butter and beaten egg.
3. Mix thoroughly.
4. Pack into greased baking pan; cover top with greased paper, or shape into a roll; wrap in greased paper.
5. Bake in a moderate oven 45 to 60 mins.
6. Baste every 10 minutes with 2 tb. beef dripping melted in 1 c. boiling water.
7. Serve with Tomato Sauce or Brown Gravy.

KIBBEE.

1½ lbs. raw beef, minced.
1 T. salt.
⅛ T. pepper.
⅛ tb. grated onion.
1 tb. chopped parsley.
1 c. stewed and strained tomatoes.
1 tb. butter.

1. Add seasonings to the meat; mix thoroughly.
2. Shape into thick, flat cakes.
3. Place in baking pan or casserole.
4. Add tomatoes and butter.
5. Bake in moderate oven 30 to 40 mins.; baste every 10 mins.

BEEFSTEAK AND KIDNEY PIE.

1. Wipe meat; cut into 1 inch pieces.
2. Cover bone and coarser pieces with cold water; let stand ½ hour, then heat to boiling.
3. Season meat with salt and pepper; roll in flour.
4. Try out pieces of fat in frying-pan; brown floured meat in fat.

5. Add meat to stock; reheat to boiling, then reduce heat and cook below boiling point until tender. Add 1 small onion if desired.

6. Soak, trim and parboil kidneys; drain.

7. Cut into pieces, season, roll in flour, brown in hot fat; add to meat and stock.

8. When meat is tender, thicken with flour (2½ tb. to 1 c. stock) mixed to a paste with cold water.

9. Season, turn into baking dish.

10. Cover with pastry or rich tea biscuit crust.

11. Bake in hot oven.

STEWED KIDNEYS.

1. Wash kidneys; soak 1 hour in lukewarm, salted water.

2. Drain, remove skin, cut open and remove tubes.

3. Cover with cold water; heat gradually to boiling then cook below boiling point 20 mins.; drain.

4. Cut into pieces, season, roll in flour, brown in hot fat.

5. Cover with boiling water, cover and cook below boiling 1½ hours or until tender. Onion may be added.

6. Thicken with flour mixed to a paste with cold water; season.

7. Serve on toast; garnish with toast points and parsley.

BEEF LEFT-OVERS.

SHEPHERD'S PIE.

2 tb.	2 c. minced cooked meat.
f.g.	Salt and pepper.
⅛ T.	1 T. grated onion.
½ tb.	½ c. left-over gravy or stock.
¼ c.	3 c. mashed potatoes.
½ T.	1 egg.

1. Mix meat, seasonings and gravy; heat.

2. Worcestershire sauce, tomato catsup or parsley may be added.

3. Warm left-over potatoes, beat well, add egg and seasonings; add milk if necessary.

4. Butter a baking dish; put in a layer of potato, then a layer of meat; repeat, having potato on top.

5. Bake in hot oven until potatoes are browned.

BROWNED HASH.

2 tb.	1 c. minced cooked meat.
¼ c.	2 c. mashed potatoes.
f.g.	Salt and pepper.
⅛ T.	1 T. grated onion.
⅛ T.	1 T. finely chopped parsley.
1 T.	1 egg.
	Stock, gravy or strained tomato.
1 T.	½ tb. fat, for pan.

1. Mix ingredients thoroughly.
2. Heat an omelet pan; put in fat.
3. Spread mixture evenly in pan; reduce heat.
4. Cook slowly so that mixture browns evenly.
5. Fold as an omelet.
6. Garnish with parsley; serve with Tomato Catsup or hot Tomato Sauce.

Note.—The mixture may be shaped into round flat cakes and browned.

HASH ON TOAST.

2 tb.	2 c. cooked meat, diced.
1 tb.	1 c. cooked potatoes, diced.
½ tb.	½ c. cooked carrots, diced.
1½ T.	2 tb. butter or dripping.
½ tb.	3 tb. flour.
f.g.	½ T. salt.
f.g.	f.g. pepper.
¼ c.	2 c. stock or water.
3 drops	¼ T. Worcestershire sauce.
⅛ T.	½ T. chopped parsley.
½ slice	Toast.

1. Make a brown sauce, add meat and vegetables; heat thoroughly.
2. Serve on toast; garnish with toast points and parsley.

ROYAL SCALLOP.

1 tb.	1 c. cooked meat, diced, or flaked fish.
⅓	3 hard cooked eggs, chopped.
f.g.	½ T. salt.
f.g.	f.g. pepper.
¼ tb.	2 tb. butter.
½ tb.	4 tb. flour.
f.g.	½ T. salt.
	f.g. cayenne.
¼ c.	2 c. milk.
3 tb.	1½ c. buttered crumbs.

1. Butter a baking dish, put in a layer of crumbs.
2. Add layer of meat and eggs; sprinkle with seasonings.
3. Cover with a layer of crumbs; repeat.
4. Make white sauce, pour over meat mixture.
5. Cover with crumbs; bake until brown in a moderate oven.

BEEF RISSOLES.

¼ c.	2 c. minced, cooked meat.
4 drops	½ T. grated onion.
½ T.	½ tb. chopped parsley.
f.g.	Salt and pepper.
2 T.	3 tb. fat.
1¼ tb.	6 tb. flour.
f.g.	½ T. salt.
f.g.	⅛ T. pepper.
3 tb.	1 c. stock.

1. Add onion, parsley and seasonings to meat.
2. Make thick brown gravy of remaining ingredients; when cooked, add meat mixture.
3. Cool; shape as cones or cylinders.
4. Roll in crumbs, egg and crumbs.
5. Fry in deep fat which browns a cube of bread in 40 secs.—390° F.
6. Drain; garnish; serve with Tomato Sauce.

CASSEROLE OF RICE AND MEAT.

2 tb.	2 c. minced cooked meat.
1/16 T.	1 T. salt.
f.g.	¼ T. pepper.
⅛ T.	1 tb. parsley, finely chopped.
3 drops	½ T. grated onion.
½ tb.	¼ c. stale bread crumbs.
1 T.	1 egg.
⅓ c.	2½ c. cooked rice.

1. Mix meat with seasonings and crumbs.
2. Add beaten egg and gravy or boiling water to make mixture moist.

3. Butter a mould, line with rice.

4. Fill centre with meat, cover with a layer of rice.

5. Cover or tie down with buttered paper.

6. Steam 45 mins., turn out on hot platter; serve with Tomato Sauce.

BEEF TIMBALES.

3 tb.	2 c. minced cooked meat.
f.g.	Salt and pepper.
1/16 T.	¼ T. celery salt.
3 drops	½ T. grated onion.
¼ T.	1 tb. chopped parsley.
1 T.	1 c. bread crumbs.
1 T.	1 egg.
About 1 tb.	½ c. strained tomatoes or gravy.

1. Mix meat with seasonings, add beaten egg.

2. Mix bread crumbs with tomato, let stand 5 mins., add to meat; mix thoroughly.

3. Fill small greased moulds with the mixture; cover with greased paper.

4. Steam 30 mins. or oven-poach 20 mins. in a moderate oven.

5. Unmould; garnish with parsley; serve with Tomato Sauce.

MACARONI TIMBALES.

1. Prepare meat mixture as for Beef Timbales.

2. Cook macaroni in long sticks, in boiling, salted water.

3. Grease small moulds; line with macaroni by coiling pieces around the inside, beginning at the bottom.

4. Fill with meat mixture; cover and finish as Beef Timbales.

Note.—Veal may be used instead of beef.

TABLE V.

Cuts of Veal.	Approximate weight of cuts.	Approximate waste in cuts.	Price	Cooking.	Purchase.
Chops and Cutlets—					
Chops—					
Rib	3 to 1 lb.	25%		Broil or pan-broil.	
Loin	3 to 1 lb.	18%		" "	
Shoulder	½ lb.	20%		" "	
Cutlets—slices of round	1 slice—1¼ lb.	4%		Pan-broil, then cook in gravy or stock to make more tender—about 1 hr.	
Roasts—					
Fillet—					
Whole leg	18 lbs.			Roast 25 mins. to 1 lb. Bone may be removed and dressing inserted.	
Thick piece from leg	4 to 8 lbs.	4%			
Loin—					
Whole	12 lbs.	18%		Roast 25 mins. to 1 lb. May use dressing.	More waste than in fillet, but possible to buy smaller roast.
Small roast	3 to 4 lbs.				
Ribs—4 to 5 ribs	2 to 2½ lbs.	25%		Roast 20 mins. to 1 lb.	
Shoulder—					
Whole	6 lbs.	18%		Remove bone; fill with dressing.	Economical roast; needs longer cooking than fillet or loin.
Small roast	2 to 4 lbs.				
Breast	4 lbs.	25%		Make pocket; put in dressing; braise.	Cheap roast, or good stewing piece.
Stewing Meat—					
Flank	Any size.				
Knuckle	3 to 4 lbs.	50%		Cook slowly 1½ to 2 hours.	Used for Jellied Veal.
Breast	4 lbs.	25%			Used for stews, meat pie.
Organs—					
Liver—whole	4½ lbs.			Scald; remove skin; roll in flour; sauté.	Calves' liver considered best. Should be bright red, clear color and appear moist.
Sweetbreads	¾ lbs.	15%		Should be soaked and parboiled as soon as received.	Only the sweetbreads from veal are satisfactory. Beef-breads are coarse and tough.
Heart	1 to 1¼ lb.			Fill with dressing and braise.	Much more tender than beef's heart.

B.—VEAL.

ROAST VEAL WITH DRESSING.

1. Remove bone from shoulder or fillet of veal.
2. Weigh and wipe meat.
3. Fill cavity with dressing; skewer or tie in shape.
4. Place in roasting-pan; sprinkle with salt and pepper; dredge lightly with flour, dot over with small pieces of fat.
5. Place in hot oven, sear on all sides, reduce heat.
6. Pour 1 c. boiling water into pan; baste every 15 mins.
7. Roast 25 mins. to the lb.

Dressing for Roast Veal.

2 c. fine bread crumbs.
1 T. salt.
⅛ T. pepper.
½ tb. finely chopped parsley.
1 T. thyme or summer savory.
½ T. grated onion.
½ T. grated lemon rind.
2 T. lemon juice.
2 tb. melted butter.

1. Mix seasonings with crumbs.
2. Add crumbs to melted butter, stir with a fork.

VEAL LOAF.

2 tb.	3 lb. lean veal, minced.
	⅛ lb. fat salt pork, minced.
½ tb.	1 c. soft bread crumbs.
1 T.	1 egg or 4 tb. cream.
½ T.	2 tb. lemon juice.
¼ T.	1 tb. salt.
f.g.	1 T. pepper.
	½ T. grated onion.

1. Mix thoroughly, shape into a roll or pack into greased loaf pan.
2. Cover top with greased paper or brush over with beaten egg.

3. Baste frequently with 1 tb. dripping in ½ c. boiling water.

4. Bake in a moderate oven about 2 hours.

5. If used hot, serve with Tomato or Horseradish Sauce.

VEAL CUTLETS.

1. For cutlets, use ¾″ slice from leg or shoulder of veal.

2. Wipe meat, remove bone and skin; cut meat into pieces for serving; skewer small pieces together with toothpicks.

3. Cover bones and skin with cold water, heat slowly, cook below boiling; use this stock for gravy.

4. Season pieces of veal with salt and pepper.

5. Roll in flour or dip in crumbs, egg and crumbs.

6. Brown in hot dripping in a frying pan. If crumbed, the cutlets may be browned in deep fat.

7. Place in deep saucepan or in a casserole; add gravy.

8. Cook below boiling point 1 hour, or until tender.

9. Add Worcestershire sauce and parsley; serve.

Gravy for Cutlets.

2½ tb. dripping.
4 tb. flour.
½ T. salt.
⅛ T. pepper.
2 c. stock or boiling water.
1 T. Worcestershire sauce.
2 tb. chopped parsley.

1. Melt fat, add flour and seasonings.

2. Place over heat, stir until flour is browned.

3. Add stock, cook until thick, strain over cutlets.

Note.—Strained tomato may be used in the sauce as part of the liquid.

VEAL LEFT-OVERS.

CREAMED VEAL.

1½ c. cooked veal, diced.
1 T. lemon juice.
f.g. nutmeg.
¼ T. celery salt.
¼ T. salt.
f.g. cayenne.
1 c. rich white sauce.

1. Add seasonings to veal; let stand ½ hour.
2. Make rich white sauce, using 2½ tb. flour to 1 c. rich milk; add meat; heat thoroughly.
3. Serve on toast, in canapés or timbale cases, or in border of rice or potato.
4. Garnish with parsley and green pepper or pimento strips.

Additions.

⅓ to ½ c. cooked peas, drained from liquid.
½ tb. green pepper or pimento.
⅓ to ½ c. mushrooms.
⅓ to ½ c. cooked celery, diced.
½ to 1 T. curry added to white sauce.

VEAL AND HAM PÂTÉS.

1 c. cooked veal, minced.
½ c. cooked ham, minced.
1½ tb. fine bread crumbs.
½ T. salt.
f.g. cayenne.
1 T. lemon juice.
1 T. catsup.
¼ c. stock.
1 egg.
6 to 8 pastry cases.

1. Combine first seven ingredients.
2. Moisten with stock, heat in double boiler.
3. Remove from heat, stir in beaten egg.
4. Turn into pastry cases which have been heated.

5. Place in hot oven until egg is set, about 5 mins.

Note.—¼ c. cooked peas, drained, or ¼ c. cooked mushrooms may be added.

TURKISH PILAF.

1 tb.	⅓ c. rice.
½ tb.	3 tb. butter.
1½ tb.	½ c. canned tomatoes.
1½ tb.	½ c. cooked veal or chicken (diced).
½ tb.	¼ c. white stock, seasoned.
f.g.	f.g. salt.
f.g.	Cayenne.

1. Cook rice in boiling salted water, drain.
2. Melt butter in saucepan; when melted add rice.
3. Cook 3 minutes; add tomatoes, veal and enough stock to moisten.
4. Cook 5 minutes, add salt and cayenne.
5. Serve on hot platter; garnish with parsley and toast points.

SWEETBREADS.

Preparation of Sweetbreads,—They should be used while very fresh and should always be parboiled before preparing in any other way.

1. Soak in cold salted water ½ hour; drain.
2. Put into boiling water to which has been added ½ tb. vinegar and ½ T. salt.
3. Cook, below boiling, 20 to 30 minutes, according to size.
4. Drain and plunge into cold water.
5. Remove tubes and membranes.

CREAMED SWEETBREADS.

1½ tb.	1 pair sweetbreads.
½ tb.	2 tb. flour.
f.g.	¼ T. salt.
f.g.	f.g. pepper.
f.g.	f.g. cayenne.
½ tb.	2 tb. butter.
¼ c.	1 c. rich milk.

1. Cut sweetbreads into small pieces after parboiling.
2. Make white sauce; add sweetbreads.

3. Reheat; serve in Swedish timbales, patty shells or canapés.

Additions.

½ c. mushrooms or peas.
1 c. cooked chicken, diced, may be added; increase the sauce to 1½ c.

SWEETBREAD SOUFFLÉ.

1 pair sweetbreads.
½ c. soft bread crumbs.
½ T. salt.
f.g. pepper.
f.g. cayenne.
1 T. lemon juice.
1 tb. cream.
2 eggs.

1. Parboil sweetbreads, trim and cut very fine.

2. Add crumbs, seasonings, cream and yolks of eggs, beaten.

3. Fold in whites of eggs, beaten stiff.

4. Turn into buttered mould; cover with greased paper; steam over gently boiling water 30 to 40 mins., if cooked in individual moulds, 20 to 25 mins.

5. Unmould; serve with Béchamel or Asparagus Sauce.

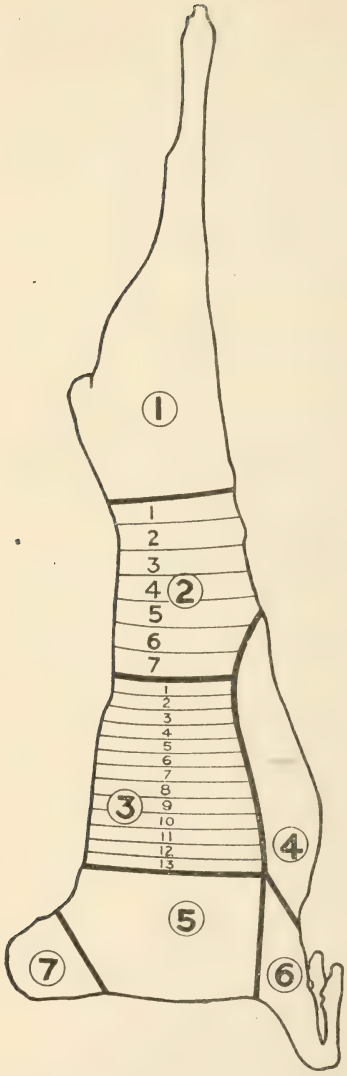
BROILED SWEETBREADS.

1. Parboil sweetbreads; split in halves.

2. Brush over with melted butter.

3. Season with salt, pepper and celery salt.

4. Broil; serve with Lemon Butter; garnish with parsley and lemon sections.



1 LEG—Roast.

2 LOIN—Roasts and Chops.

3 RIBS (or hotel rack)—Roasts and Chops.

4 BREAST—Roasts and Stews.

5 CHUCK (Shoulder)—Roasts and Stews.

6 SHANK—Broth, Soups and Stews.

7 NECK—Broth, Soups and Stews.

Fig 15.—Mutton and Lamb Cuts.

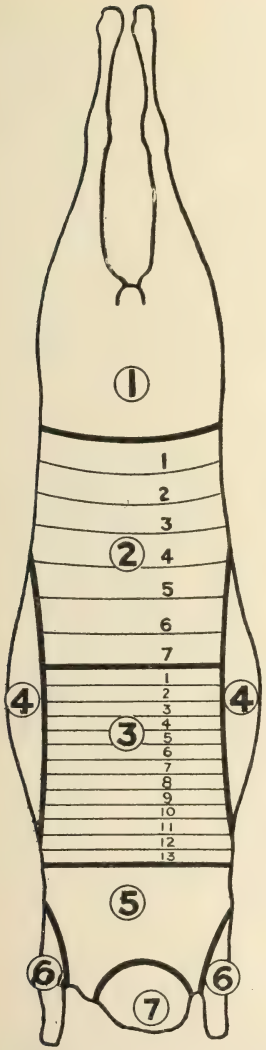


Fig. 16.—Mutton and Lamb Cuts.

1 Leg—Roast.

2 LOIN—Roasts and Chops.

3 RIBS (or hotel rack)—Roasts and Chops.

4 BREAST—Roasts and Stews.

5 CHUCK (Shoulder)—Roasts and Stews.

6 SHANK—Broth, Soups and Stews.

7 NECK—Broth, Soups and Stews.

NOTE—See photographic illustrations of Lamb and Mutton cuts on pages 30, 31.

TABLE VI—

Cuts of Lamb— Animal about 45 lbs.	Approximate weight of cuts.	Approxi- waste in cuts.	Price	Notes on Cooking.	Notes on Purchase.
Roasts.					
Leg	6½ to 7 lbs.	17 to 18%		Roast 20 mins. to 1 lb.; baste frequently.	Best roast of lamb. Should be thick and heavy for its size.
Loin—whole	7 to 8 lbs.	14 to 16%		Roast 15 mins. to 1 lb.	Better roast than leg, if small piece is needed.
6 chops	2½ to 2¾ lbs.				
Forequarter— (ribs and shoulder)	8½ lbs.	21%		Roast 20 mins. to 1 lb.	Good roast when a larger and cheaper roast is required.
Rack— Forequarter with flank and leg removed	6 lbs.			Roast 20 mins. to 1 lb.	Satisfactory roast; cheaper than the leg.
Shoulder	4 to 4½ lbs.	20%		Roast 20 mins. to 1 lb.	
Chops.					
Loin	About 4 to 1 lb.	14 to 16%		Broil or pan-broil 6 to 8 mins.	
Rib	About 4 to 1 lb.			" " "	
Shoulder	About 3 to 1 lb.				
Stewing Meat— Breast (whole)	2 to 2½ lbs.	18%		Cut into pieces for stewing. It may be stuffed, rolled and roasted.	
Flank (whole)	1 lb.	10%		Cut into pieces; stew 1 to 1½ hrs. or until bones slip out easily.	
Organs.					
Heart	3 to 4 in 1 lb.			Stuff and braise.	
Kidneys	6 to 8 in 1 lb.			Soak; parboil, then stew till tender.	

(C.) LAMB.

ROAST LEG OF LAMB.

1. Remove thick skin, weigh and wipe meat.
2. Place on rack in roasting pan, dredge with flour.
3. Place in hot oven, sear on all sides, reduce heat.
4. Add 1 c. boiling water; baste every 15 mins. with liquid in pan.
5. Roast 20 mins to 1 lb.
6. Season when half cooked.
7. Serve with Brown Gravy and Mint Sauce or Currant Jelly.

Leg of lamb may be boned, stuffed and roasted, as in method for Fillet of Veal.

CROWN ROAST OF LAMB.

1. Have crown set up, using ten ribs or more.
2. Pack trimmings in centre of crown; cover with weighted bowl to keep crown in shape.
3. Wrap ends of chops with greased paper to prevent burning.
4. Place on rack in roasting pan, sear in hot oven, reduce heat and pour into pan 1 c. boiling water.
5. Cook 20 mins. to 1 lb.; season when half cooked.
6. Remove paper from ends of bones; garnish with paper frills.
7. Fill centre with potato balls, green peas and carrots, or boiled chestnuts.
8. Serve with Brown Gravy and Currant Jelly, or Mint Sauce.

BREADED LAMB CHOPS.

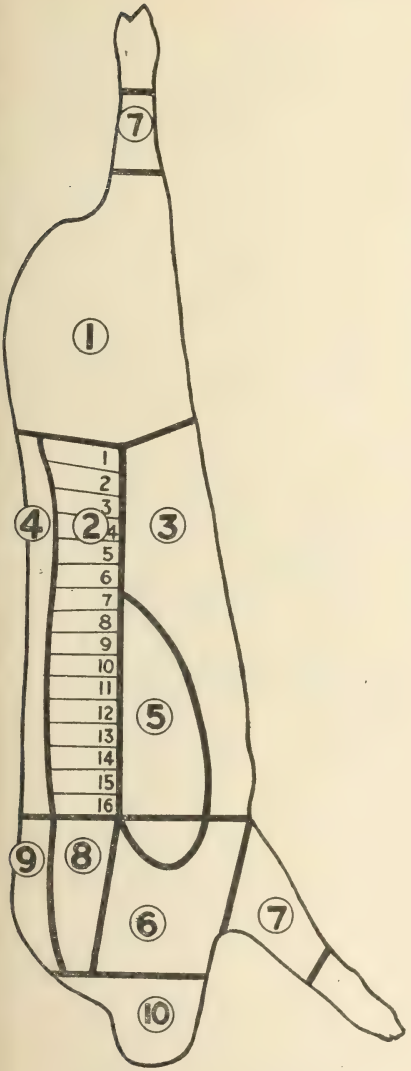
2	8 French chops.
½ tb.	2 tb. butter or dripping.
1 tb.	4 tb. flour.
⅛ T.	½ T. salt.
f.g.	f.g. cayenne.
¼ c.	1 c. milk.
1 tb.	½ c. chopped ham.

1. Make thick white sauce of butter, flour, seasonings and milk.

2. Add ham; cool.
3. Trim fat from chops; broil or pan-broil; season and cool.
4. Cover with a layer of sauce; when set, dip in crumbs, egg and crumbs.
5. Brown in deep fat which coats a cube of bread in 60 secs.——370 °F.
6. Cover ends of bones with paper frills; garnish with parsley and potato roses.
7. Serve with Tomato or Cuban Sauce.

BOILED MUTTON.

1. Weigh and wipe meat.
2. Place in kettle, cover with boiling water, boil 5 mins., remove scum.
3. Reduce heat; cover and cook below boiling, allowing 25 mins. to 1 lb. and 25 mins. extra.
4. Add salt when meat is half cooked.
5. Serve with Caper Sauce.



1 HAM—It is more economical to buy a whole ham. The butt can be baked, the centre sliced, fried or broiled, the shank boiled, and the rind used for seasoning.

2 LOIN—Roasts and chops.

3 BELLY—Used for bacon. The best grade of bacon, "Certified" brand is the heart of this cut.

4 FAT BACK—Smoked or pickled.

5 SPARE RIBS.

6 PICNIC BUTT (Shoulder)—Roasts, steaks, chops, hams.

7 HOCK—Pickled and stewed.

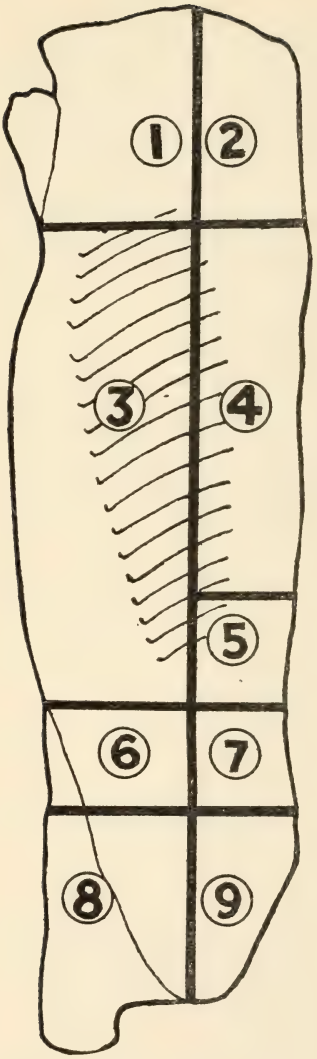
8 BOSTON BUTT—Steaks and roasts.

9 CLEAR PLATE—Pickled and smoked.

10 JOWL—Used for cheap bacon and generally cooked with baked beans.

NOTE—See photographic illustrations of Pork, Ham and Bacon Cuts on pages 32, 33, 34.

FIG. 22.—Cuts of Pork.



1. SHOULDER.
2. COLLAR.
3. SIDE OF BACON.
4. BACK BACON.
5. SMALL BACK.
6. FLANK.
7. LONG BACK.
8. HAM.
9. TRIMMINGS.

Fig 26.—Cured Side of Pork

TABLE VII.

Cuts of Pork. Animal 110 to 125 lbs.	Approximate weight of cuts.	Approximate waste in cuts.	Price	Notes on Cooking.	Notes on Purchase.
Roasts—					
Ham	12 to 13 lbs.	10 to 14%		Cook, below boiling, in water to cover; 7 lb., 3½ hours; cool in water. Fresh ham may be roasted. Slices of ham may be broiled.	Sold fresh, pickled, smoked.
Shoulder	12 to 14 lbs.	12 to 18%		Cook as ham, either by boiling or roasting.	Sold fresh, pickled, smoked.
Shoulder, boned and rolled	10 to 12 lbs.			When boned may be stuffed and roasted.	
Loin—fresh	2½ lbs. and up.	18 to 20%		Roast 30 mins. to 1 lb. May be cooked with dressing.	
Spare ribs—fresh	12 short ribs, 1¼ to 2 lbs.			Roast, with or without stuffing.	Sold after meat has been removed for bacon.
Chops—					
Rib	About 6 oz.	12 to 18%		Broil or pan-broil about 10 mins.	
Loin	About 6 oz.	12 to 18%		" " "	
Shoulder	About 8 oz.	12%		" " "	
Bacon—					
Back		4 to 7 %		Broil or pan-broil.	If lean of bacon is very red, it is likely to be hard when cooked.
Side				" "	
Rolled				" "	
Tenderloin	½ to 1 lb.			Pan-broil or roast with dressing.	
Feet		36%		Simmer till tender, remove meat. Meat may be moulded in jelly.	Sold pickled.
Head		70%		Used for head cheese.	
Leaf Lard					Layer of fat around kidneys—makes best quality of lard.
Kidneys	About 6 to 8 in 1 lb.			Soak; parboil, then stew till tender, or roll in flour and sauté.	

(D.) PORK.

ROAST PORK.

1. Trim, weigh and wipe meat.
2. If skin is being left on, score it in 1″ squares, cutting only through skin.
3. Place on rack in roasting-pan; dredge lightly with flour.
4. Sear in hot oven, then reduce heat and cook more slowly.
5. Allow 30 mins. to 1 lb.
6. Season when half-cooked; baste frequently with fat in pan.
7. Serve with Brown Gravy and Apple Sauce.

Apple Sauce for Roast Pork.

6 to 8 cooking apples.
⅓ c. water.
2 tb. sugar.

1. Wipe, quarter, core and pare apples.
2. Add water; cover and cook till tender. They may be steamed without addition of water.
3. Add sugar; if apples are not tart, add juice of ½ lemon. Apple sauce for pork should be fairly dry.

Dressing for Roast Pork.

1 c. fine bread crumbs.
⅓ sour apple.
1 T. grated onion.
½ T. salt.
⅛ T. pepper.
1 T. sage.
2 tb. butter, melted.

1. Mix crumbs and seasonings; add to melted butter.
2. Chop apple; add to crumbs.

This dressing may be used in shoulder or leg of pork, or in dressed tenderloins.

TENDERLOIN WITH APPLE RINGS.

1. Trim fat and coarse skin from tenderloin.
2. Wipe, cut slices 1″ thick, across tenderloin.

3. Heat frying pan; rub over with fat.
4. Sear meat on all sides, season, place small piece of bay leaf on each piece; cover with a slice of apple.
5. Sprinkle with paprika.
6. Reduce heat, cover, cook slowly 15 to 20 mins.
7. Serve garnished with apple rings and parsley.

STUFFED TENDERLOIN.

2 large tenderloins.
1 c. stale bread crumbs.
¼ T. salt.
f.g. cayenne.
2 T. finely chopped parsley.
1 tb. butter, melted.

1. Trim and wipe tenderloins.
2. Cut with sharp knife, making three or four lengthwise cuts, so that tenderloins may be spread out about ¾″ thick.
3. Sprinkle with salt and pepper; spread one piece with dressing.
4. Place other tenderloin over this; tie securely or sew along edges.
5. Place in baking pan with a little dripping.
6. Bake in moderate oven 45 to 60 mins. Baste every 10 mins. with 1 tb. dripping in ½ c. boiling water.
7. Serve with Brown Gravy and Red Currant Jelly.

Note.—Dressing may be seasoned with sage and onion.

BAKED SPARERIBS.

1. Use a long piece of spareribs of 8 ribs or more.
2. Wipe, place skin side down on a board.
3. Season with salt and pepper; spread one half with dressing (as for roast pork or tenderloin); turn remaining ribs over to form a roll.
4. Skewer or tie in shape; place in baking pan with a little dripping, cover, bake in a moderate oven 1 to 1¼ hours.

BOILED HAM.

1. Cover ham with cold water; let stand over night.
2. Drain, put in kettle, cover with fresh cold water.
3. Heat to boiling, boil 5 mins., remove scum.
4. Cook below boiling point.

5. Time—for ham weighing 7 lbs. allow 3½ hours; for ham weighing 10 lbs. allow 5 hours.

6. If to be served cold, cool ham in water in which it was cooked; lift out; remove skin.

BAKED HAM I.

1. Cook ham in water 3 to 4 hours; take out; remove skin.

2. Sprinkle with ½ tb. brown sugar mixed with 2 tb. sifted bread crumbs.

3. Sprinkle with white pepper; place in hot oven; bake until well browned.

4. Serve hot or cold. If used hot, serve with Hot Sauce Tartare.

BAKED HAM II.

1. Cook ham in water; lift out; remove skin; stick the ham with cloves; place in roasting pan.

2. Mix 1 T. mustard, 1½ tb. vinegar, 2 tb. sugar, with 1 c. stock in which ham was cooked.

3. Pour mixture around meat.

4. Bake in a hot oven until well glazed, basting every 5 mins. with liquid in pan.

BACON.

1. Wipe bacon and remove rind; place in frying-pan over a moderate heat.

2. Turn frequently; pour off fat which collects in pan.

3. Cook until lightly browned; drain.

LIVER AND BACON.

1. Cook bacon; place on platter in warming oven.

2. Cut liver into slices ½″ thick; cover with boiling water; let stand 5 mins.

3. Drain; remove veins and membrane.

4. Sprinkle with salt and pepper; roll in flour.

5. Sauté in bacon fat over moderate heat.

6. Serve with bacon; garnish with parsley.

(E.) POULTRY.

METHOD OF PREPARING POULTRY.

1. Weigh; remove pin-feathers; singe over a flame to remove hairs.

2. Remove tendons from legs; make lengthwise cut along skin over leg joint; pick up tendons with a wire skewer, hold muscles of leg firmly, pull out tendons; break the joint.

3. Twist wing towards breast to dislocate shoulder joint.

4. Cut off head; turn back skin and cut neck close to body.

5. Remove windpipe and crop.

6. Remove oil-bag from tail.

7. Take out internal organs—cut through skin over intestines and around vent; insert fingers and loosen skin around internal organs; draw from behind the gizzard, and gizzard, liver and intestines may be taken out. Remove lungs, kidneys and heart.

8. Wash fowl inside and out with lukewarm salted water; rinse in cold water; wipe inside and out and just before stuffing sprinkle inside lightly with salt.

Note.—The outside skin of poultry may be cleaned with a brush and warm soapy water; this should always be done when preparing goose and duck.

9. *Prepare Giblets*—

(a) Heart—cut away arteries and veins; press to extract blood; wash in cold, salted water.

(b) Liver—cut away gall-bladder carefully; wash liver in salted water.

(c) Gizzard—remove fat; cut in through the thick part to the sac; remove outer part from sac. Cut away the thick, white lining; wash gizzard in salted water.

10. *Cook Giblets*—Cut gizzard in small pieces; cover gizzard and heart with cold water; heat to boiling, then cook below boiling point until tender. When these have cooked 1 hr. add liver. The neck may be cooked with the giblets.

ROAST CHICKEN.

1. Dress, clean and stuff chicken.

2. Truss for roasting by turning tips of wings under

back; press legs close back against body; hold in place with a skewer; tie a cord around ends of skewer and across back.

3. Place on its back on a rack in roasting-pan.
4. Place strips of bacon over breast or cover with a paste of 3 tb. butter and 2 tb. flour.
5. Place in hot oven to start the cooking quickly, then reduce heat.
6. Baste every 10 mins. with fat in pan or with 2 tb. dripping in 1 c. boiling water.
7. Turn during cooking to brown chicken evenly.
8. Roast 15 to 20 mins. to 1 lb. and 20 mins. extra.
9. Serve with Brown Gravy and Bread Sauce.

Dressing.

2½ c. bread crumbs.
2½ tb. melted butter.
1 T. summer savory or thyme.
1 T. salt.
⅛ T. pepper.
1 tb. chopped parsley.

1. Add crumbs to melted butter; mix with a fork.
2. Add seasonings.

If a moist dressing is preferred, add ¼ c. hot milk.

Note.—If fowl is not very young, it may be dressed as above; place in roasting-pan; add 1 c. boiling water; cover tightly. Roast, allowing 25 to 30 mins. to 1 lb. and 25 mins. extra. Uncover during last 45 mins., to brown.

Sausage with Roast Chicken.

1. Pierce sausage in several places with a fork.
2. Place over legs and breast of chicken during last half hour of roasting.
3. Serve around chicken.

To Cut Chicken for Stewing.

1. Dress and clean chicken.
2. Cut off legs, separate into drumstick and thigh.
3. Cut off wings; remove tips.
4. Cut behind the wishbone and separate it from breast.

5. Separate breast from back by cutting through ribs.
6. Cut the back into two pieces crosswise.

Note.—A fowl which has not been drawn, may be cut into pieces in the same way. After removing legs and wings, cut carefully through skin over intestines and around vent; cut through ribs and separate breast bone from back, leaving the internal organs lying on back bone, then remove these.

STEWED CHICKEN.

1. Cut chicken into pieces for serving.
2. Cover with boiling water; boil 5 mins.
3. Reduce heat; cook below boiling point until tender.
4. Add ½ tb. salt after first half-hour.
5. Drain stock from chicken; measure, make up to required amount with milk or water.
6. Make sauce; arrange chicken on platter; pour sauce over.
7. Garnish and serve with hot tea biscuit, toast points, molded steamed rice or dumplings; garnish with parsley.

Sauce for Stewed Chicken.

3 c. chicken stock.
⅓ c. flour.
⅓ c. cold water.
Salt and pepper.
2 yolks of eggs.
2 tb. chopped parsley.

1. Blend flour with cold water; add to stock slowly.
2. Stir and cook until thickened; season.
3. Add yolks of eggs, well beaten; cook a minute; add parsley.
4. Serve at once on chicken.

CHICKEN FRICASSEE

1. Cut chicken into pieces and cook as for Stewed Chicken.
2. When tender, drain from stock; season each piece with salt and pepper; roll in flour; brown in frying-pan in butter or bacon dripping.

3. Arrange on platter and pour over Brown Gravy made from chicken stock.

Note.—If young chicken is used, cut into pieces for serving; season; dredge with flour; sauté then simmer 20 to 30 mins. in a sauce.

CHICKEN PIE.

1. Cut up and cook chicken as for Stewed Chicken.

2. Season and thicken stock, using 2 tb. flour to 1 c. stock; mix flour with a little cold water.

3. Invert a small cup or place pie funnel in centre of baking dish; arrange chicken around; add sauce.

4. Cool slightly; cover with pastry or rich tea biscuit. Make cuts through crust to allow for escape of steam.

5. Bake in a moderate oven, to cook and brown the crust.

Note.—Celery, carrots, peas or potatoes may be added.

CHICKEN LEFT-OVERS

CREAMED CHICKEN.

1½ c. cooked chicken.
2 tb. flour.
¼ T. salt.
⅛ T. celery salt.
f.g. cayenne.
2 tb. butter.
½ c. chicken stock.
½ c. rich milk.
1 T. finely chopped parsley.

1. Heat chicken in white sauce; add parsley.

2. Serve in Swedish timbales, patty shells, or in potato border.

Variations—

1. ¼ c. almonds, blanched and cut in strips.
2. ½ c. peas or mushrooms.
3. ½ c. cooked celery, diced.

CHICKEN SOUFFLÉ.

1 c. cooked chicken, minced.
½ c. soft bread crumbs.
½ T. salt.
f.g. pepper.
f.g. cayenne.
1 T. lemon juice.
2 tb. cream.
2 eggs.

1. Add seasonings, crumbs and cream, to chicken.
2. Add yolks of eggs, well beaten.
3. Fold in stiffly beaten whites; turn into greased mould.
4. Cover with greased paper; steam over gently boiling water 40 to 50 mins. (indiv., 20 to 25 mins.).
5. Unmould; serve with Asparagus or Béchamel Sauce.

CHICKEN Á LA KING.

2 tb. butter.
¼ lb. fresh mushrooms.
½ green pepper, cut fine.

1. Melt butter; add mushrooms and pepper; cook uncovered until fairly dry.

Sauce.

2 tb. butter.
3 tb. flour.
½ T. salt.
¼ T. paprika.
1 c. rich milk.
1 c. chicken stock.
2 yolks of eggs.
1 T. lemon juice.
3 c. cooked chicken, diced.

2. Make a sauce of butter, flour, seasonings, milk and stock.
3. Add yolks of eggs, well beaten, and lemon juice.
4. Cook a moment; add mushrooms, pepper and chicken.
5. Heat thoroughly; serve on toast, in Swedish timbales or patty shells.

DEVILLED BONES.

2 tb. butter.
1 tb. tomato catsup or Chili sauce.
½ tb. Worcestershire sauce.
½ T. mustard.
f.g. cayenne.
1 c. chicken stock.
½ tb. finely chopped parsley.
Cooked chicken—drumsticks, second joints and wings.

1. Cut several small gashes in each piece of chicken.
2. Season with salt and pepper; roll in flour.
3. Melt butter, add sauces, mustard and cayenne.
4. Cook chicken in the seasoned butter until well browned.
5. Add stock; simmer 5 mins.
6. Arrange chicken on serving dish; pour sauce over; sprinkle with parsley.

ROAST TURKEY.

1. Dress, stuff and truss a turkey.
2. Place on rack in roasting-pan; sprinkle lightly with salt, brush over with melted butter and sprinkle with flour, or place strips of fat bacon over breast, or a paste of 3 tb. butter and 2 tb. flour may be spread over legs and breast.
3. Place in hot oven to start the cooking quickly, then reduce heat and pour into the pan ⅔ c. boiling water and ⅓ c. butter or dripping.
4. Baste every 15 mins. with liquid in pan.

Time—an 8-lb. turkey requires about 2½ to 3 hours; a 12-lb. turkey requires about 3½ to 4 hours.

5. Serve with Brown Gravy and Cranberry Jelly or Sauce. Garnish with sausage, celery tips or curled celery and parsley.

Bread Dressing for Turkey.

4 c. bread crumbs.
2 T. summer savory or thyme.
2 T. salt.
¼ T. pepper.
2 tb. chopped parsley.
4 tb. melted butter.

1. Mix crumbs and seasonings.
2. Add to melted butter; stir with a fork.

Sausage Dressing for Turkey.

3 c. bread crumbs.
1 c. sausage meat.
1 tb. parsley, finely chopped.
1 T. grated onion.
1 T. salt.
½ T. pepper.
f.g. nutmeg.
1 tb. melted butter.
1 egg.

1. Mix bread crumbs, sausage meat and seasonings.
2. Add melted butter and beaten egg.

Note.—Sausage meat alone may be used in the breast of turkey; use bread dressing in the body.

Oyster Dressing for Turkey.

1. Mix bread dressing (4 c.)
2. Wash 1 pint oysters; drain.
3. Place dressing and oysters in layers in breast and body.

Note.—In order to avoid the long cooking of oysters which makes them tough and indigestible, it is considered better to serve scalloped oysters with turkey.

ROAST GOOSE.

1. Weigh, dress, stuff and truss a goose.
2. Place on rack in roasting-pan; season with salt and pepper.
3. Pour into pan 1 c. boiling water and 1 T. salt.
4. Cover tightly and cook 1½ hours, then pour off the fat which has collected in pan.
5. Cook uncovered; baste frequently with boiling salted water.
6. Serve with Apple Sauce or Spiced Currants.

Time—25 mins. to 1 lb. and 25 mins. extra.

Potato Stuffing for Goose.

2 c. hot mashed potatoes.
1½ c. bread crumbs.
1 to 2 tb. finely chopped onion.
¼ c. butter, melted.
1½ T. salt.
2 T. sage.

Mix all together; beat until light.

Bread Dressing for Goose.

4 c. bread crumbs.
4 medium onions.
1½ T. salt.
⅛ T. pepper.
3 T. sage.
¼ c. melted butter.

1. Peel and parboil onions; drain and chop.
2. Mix crumbs and seasonings; add to melted butter.
3. Add onions.

ROAST DUCK.

1. Weigh, dress, stuff and truss a duck.
2. Place on rack in roasting-pan; season; place strips of bacon over breast.
3. Pour into pan 1 c. boiling water and 1 T. salt.
4. Roast in hot oven 20 mins to 1 lb. and 20 mins. extra; baste frequently during cooking.
5. Serve with Giblet Gravy or Olive Sauce and Currant Jelly or Apple Sauce; garnish with steamed apple rings and parsley.

Potato Dressing for Duck.

2 c. hot riced potatoes.
½ T. salt.
⅛ T. pepper.
1 T. grated onion.
1½ tb. butter.
3 tb. milk.
1 egg yolk.
1 tb. chopped parsley.

Mix in order given; beat until very light.

(F.) FISH

SELECTION OF FISH.

Fish should be used fresh and when in season. Freezing reduces the flavor and changes the texture of the meat. Fish which has been frozen is not firm as when fresh, and breaks up easily during cooking. If necessary to use, thaw in cold water just before cooking. For baking select medium-sized fish, as salmon trout, whitefish, haddock, pickerel, or a thick piece of large fish, as cod, halibut, salmon.

For sautéing and broiling use small fish, as bass, perch, speckled trout, smelts, or steaks of larger fish, as whitefish, salmon, halibut.

For invalids, select fish which are not too rich, as whitefish, halibut, bass, trout. Broiling and baking are the best methods to be used when preparing fish for an invalid.

FRESHNESS OF FISH.

Because fish spoils quickly it is necessary that it be used fresh. The flesh should be firm, should show no discoloration and should not have strong odor. The eyes should be bright and the gills firm.

TO PREPARE FISH FOR COOKING.

1. Remove scales. Hold fish by tail; loosen scales with knife, keeping knife close against the fish, to prevent scales from flying. Fish may be scaled under water in a large pan, so that scales will not fly about. Remove fins.

2. Remove head and tail. These are sometimes left on if fish is to be baked, also in case of small fish, as smelts. If head is left on, remove eyes, using sharp knife or pair of scissors to loosen membrane.

3. Wash inside and out; sprinkle inside of fish with salt, then wash thoroughly with cold water; rinse and dry.

To Bone Fish

1. Clean fish; remove head, tail and fins.

2. Remove large bones near the head, then slip a sharp knife under flesh close to backbone.

3. Work the flesh from bones on one side, from head to tail, then from the other side.

4. Remove all small bones remaining.

Note.—Fish is frequently boned for broiling and when preparing it for children or invalids. It is necessary to bone whole fish when cooking on a plank.

Note.—Fish is cooked when flesh becomes flaky and separates easily from the bone. This test may be used in all methods of cooking fish.

BROILED FISH.

1. Prepare fish for cooking; if whole fish, remove bones; fish steaks may be boned or not.

2. If fish is dry, as whitefish, brush over with melted butter; season with salt and pepper. Rich fish, as mackerel and salmon, do not require butter.

3. Heat and grease a broiler; put in the fish.

4. Sear flesh side first; cook with moderate heat, turning 3 or 4 times. Time required about 6 to 10 mins., depending upon thickness of fish.

5. Serve garnished with parsley, lemon and potato roses.

STEAMED FISH.

1. Prepare fish for cooking; place on plate.

2. Cover with cheesecloth; steam over gently boiling water.

3. Time, about 10 mins. to 1 lb. and 10 mins extra.

4. Serve with Egg, Tomato or Hollandaise Sauce.

BAKED FISH.

1. Prepare fish for cooking; sprinkle inside with salt.

2. Fill with fish dressing; sew edges together.

3. Skewer fish in shape; wrap tail in greased paper.

4. Place in greased baking-pan or on fish sheet in pan.

5. Lay strips of fat salt pork over top of fish; hold in place with toothpicks.

6. Dredge with flour; place pieces of fat pork in pan around fish.

7. Bake about 10 mins. to 1 lb. and 10 mins. extra; baste every 10 mins. with fat in pan.
8. Lift out carefully; remove skewers and paper.
9. Garnish with parsley and lemon; serve with Tomato or Hollandaise Sauce.

FISH DRESSING.

1 c. stale bread crumbs.
¼ T. salt.
⅛ T. pepper.
f.g. cayenne.
1 T. chopped parsley.
1 T. grated onion.
1 T. chopped pickles or capers.
2 tb. butter, melted.

1. Mix crumbs and seasonings.
2. Add melted butter; stir with a fork.

SAUTÉD FISH STEAKS.

1. Clean fish; cut into 1 inch slices.
2. The bones may be removed; skewer fish into circle; fasten with toothpicks or small skewers.
3. Season; dip in
 (a) flour or
 (b) flour and cornmeal, equal parts, or
 (c) sifted crumbs, egg and crumbs.
4. Have frying-pan hot; put in fat—beef or bacon dripping or butter.
5. When fat is very hot, put in fish; turn to form a crust on both sides.
6. Reduce heat; cook slowly, turning 3 or 4 times.
7. Time—steak 1 inch thick requires 10 to 12 mins.
8. Serve with Drawn Butter or other fish sauce; garnish with parsley and slices or sections of lemon.

FISH COOKED IN DEEP FAT.

1. Prepare small fish or fish steaks for cooking.
2. Dry; season with salt and pepper.
3. Dip in crumbs, egg and crumbs.

4. Cook in fat which browns a cube of bread in 60 secs.; leave 5 to 7 mins., lift out, drain.
5. Serve with Tomato or Hollandaise Sauce.
6. Garnish with parsley or water cress and lemon.

FRIED SMELTS.

1. Clean smelts. Make a cut under the gills, remove intestines; sprinkle with salt; wash and dry; skewer in shape.
2. Season; dip in flour, egg and crumbs.
3. Cook in fat which browns a cube of bread in 60 secs. After putting in fish, reduce heat, so that fish may be sufficiently cooked without becoming too brown. Cook 3 to 4 mins.
4. Drain; garnish with lemon and parsley or watercress; serve with Hollandaise or Sauce Tartare.

PLANKED FISH.

Best results are obtained if fish is fairly thick, or if steaks of large fish, as salmon or halibut, are used.
1. Prepare fish for cooking, removing bones.
2. Place, skin side down, on fish plank.
3. Brush over with melted butter; season.
4. Place on upper rack in moderate oven; bake 20 to 25 mins.; remove from oven.
5. Prepare hot mashed potatoes; press through large pastry tube to form border around fish.
6. Brown in hot oven.
7. Garnish with watercress or parsley and lemon.

FISH TURBANS.

Use steak 1 inch thick from large fish, as halibut or 2 inch pieces of smaller fish.
1. Remove bones; wipe fish.
2. Sprinkle with salt and pepper.
3. Spread each piece with fish dressing.
4. Roll up and fasten with skewers or toothpicks.
5. Grease a baking pan; place fish close together in pan. Put in small pieces of butter or dripping.
6. Bake in a moderate oven 25 to 30 mins.

FINNAN HADDIE.

1. Select fish thick and heavy for its size.
2. Soak 1 hour in cold water; drain.
3. To remove skin—

(a), place in pan, skin side up; put into hot oven; leave 10 to 15 mins., when fish will be heated; lift out; remove skin; or (b), place in pan; cover with boiling water, keep just below boiling point 10 mins.; drain; remove skin.

4. Place on hot platter; pour over a rich white sauce; garnish with parsley.

SMOKED FILLETS OF FISH.

1. Wash fish in cold water; if too salty, soak 1 hour; drain.
2. Place in buttered baking-dish; dot over with small pieces of butter; add milk, ¼ c. for each fillet.
3. Place in moderate oven; cook 15 to 20 mins.; most of the milk should be absorbed.
4. Garnish with parsley and toast points.

Note.—Fillets may be heated in boiling water and served with rich white sauce.

CISCOES.

1. Place in pan in hot oven 12 to 15 mins.
2. Remove skin; take out back bone, being careful to leave flesh unbroken.
3. Place meat on hot platter or on toast.
4. Serve, garnished with lemon and parsley.

OYSTERS

To clean oysters—strain oyster juice through a cheesecloth; pick over oysters to remove shell; place in colander: pour cold water through.

SCALLOPED OYSTERS.

3	1 pint oysters.
⅛ T.	½ T. salt.
f.g.	f.g. cayenne.
2 T.	⅓ c. cyster juice.
⅓ c.	2 c. buttered crumbs.

1. Butter a baking-dish or scallop shells.

2. Place one quarter of crumbs over bottom of dish; add one half the oysters; sprinkle with seasonings.
3. Repeat crumbs, oysters, seasonings; add oyster juice.
4. Cover with remaining crumbs.
5. Bake in moderate oven 30 to 40 mins.
6. If shells are used, 4 c. crumbs will be required. Cut oysters in halves; bake 15 mins.

CREAMED OYSTERS.

1 pint oysters.
2½ tb. flour.
½ T. salt.
Cayenne.
3 tb. butter.
1 c. rich milk.
⅓ c. oyster juice.
⅛ T. celery salt.

1. Clean oysters; cook until plump in oyster juice; drain.
2. Make white sauce; add oysters.
3. Serve on toast or in timbale cases.

Note.—¼ c. mushrooms may be added.

FRICASSEED OYSTERS.

3	1 pint oysters.
¼ tb.	2 tb. butter.
⅛ T.	1 T. salt.
f.g.	⅛ T. pepper.
f.g.	f.g. cayenne.

SAUCE FOR OYSTERS.

¼ tb.	2 tb. butter.
¼ tb.	2 tb. flour.
2 tb.	1 c. milk and oyster liquor.
⅛ T.	1 T. lemon juice.
⅔ T.	2 yolks of eggs.

1. Place butter and seasonings in a chafing dish or saucepan.
2. When hot add oysters, cover; shake the pan occasionally.
3. When oysters are plump, drain and keep hot.
4. Add milk to liquid from pan, to make 1 c.
5. Make white sauce.

6. Beat eggs until thick; add sauce and lemon juice.
7. Reheat oysters in sauce; serve on toast or wafers, in canapés or timbales.

BROILED OYSTERS.

1. Clean oysters; dry in folds of a towel.
2. Dip in melted butter, then in very fine, seasoned crumbs.
3. Place in oyster broiler; broil, turning often, until plump.
4. Serve garnished with parsley and lemon sections, or serve with bacon or on cream toast in which oyster juice is part of the liquid.

OYSTER STEW.

2½ c. milk.
2 tb. fine cracker or bread crumbs.
2 tb. butter.
¾ T. salt.
f.g. pepper.
1 pint oysters.

1. Clean the oysters.
2. Heat milk and crumbs in double boiler.
3. Add butter, seasonings and oyster juice.
4. Add oysters; cook only until oysters are plump.
5. Serve at once.

OYSTER COCKTAIL.

12 oysters.
2 tb. tomato catsup.
1 tb. lemon juice.
⅔ T. Worcestershire sauce.
3 drops Tabasco sauce.
½ T. grated horseradish.
Salt.
2 T. celery finely chopped.

1. Select small or medium-sized oysters; clean; add strained oyster juice.
2. Add other ingredients, except celery.
3. Chill thoroughly.
4. Serve in cocktail glasses; sprinkle with celery; garnish with small pieces of green and red pepper or finely chopped parsley.

LOBSTER

PREPARATION OF LOBSTER.

To select:

1. Live lobsters should be heavy for their size; the meat of smaller lobsters is more tender than that of large.

2. Cooked lobsters should be used within 18 hours after cooking. Test by straightening tail; if it springs back quickly, lobster was alive when put on to cook.

Lobsters should be killed by plunging into boiling water, for cooking.

To cook:

1. Have large amount of water boiling rapidly in large kettle.

2. Hold lobster by the back; plunge it head first into boiling water.

3. Simmer 20 to 30 mins., according to size.

4. Chill thoroughly in cold water.

To prepare:

1. Break off claws and tail.

2. Remove meat from tail; press sides together; cut through bony membrane on under side; remove meat in one piece; remove intestinal vein which lies in crease along the tail.

3. Separate the body from the shell; save the coral.

4. Discard the gills on the sides of the body; break the body through the middle lengthwise; remove bits of meat found between the bones.

5. Disjoint large claws; remove meat whole if possible; it may be necessary to break claws in order to do this.

6. Remove meat from small claws.

FISH LEFT-OVERS

CREAMED FISH.

2 c. cooked fish, flaked.
3 tb. butter.
2½ tb. flour.
½ T. salt.
f.g. cayenne.
1¼ c. milk.

1. Make white sauce; add fish; reheat.

2. Turn into a buttered baking dish or ramikins; cover with buttered crumbs.

3. Brown in a hot oven.

FISH PIE WITH MACARONI.

2 tb.	1⅓ c. cooked fish, flaked.
2 tb.	⅔ c. macaroni.
¼ c.	1 c. medium white sauce.
½ T.	1 tb. lemon juice.
f.g.	¼ T. salt.
f.g.	f.g. cayenne.
2 tb.	1 c. buttered crumbs.

1. Break macaroni in ½″ pieces; cook, till tender, in a large amount of boiling salted water; drain, rinse with cold water.

2. Butter a baking dish; arrange macaroni and fish in alternate layers; sprinkle with seasonings.

3. Pour white sauce over.

4. Cover with buttered crumbs; brown in a hot oven.

For Fish Pie with Potatoes, omit macaroni and buttered crumbs. Beat until very light 2½ c. mashed potatoes; arrange in layers with flaked fish; add sauce; pile potatoes lightly on top; brown in hot oven.

KEDGEREE.

1 c. cooked fish, flaked.
⅓ c. rice.
2 tb. butter.
1 egg yolk.
1 T. parsley, finely chopped.
Salt and pepper.

1. Boil the rice and drain.

2. Add fish; mix lightly with a fork; reheat.

3. Add melted butter, yolk of egg, beaten and parsley.

4. Cook 2 mins.; pile on serving dish; serve with Parsley or Egg Sauce.

CASSEROLE OF RICE AND FISH.

3 tb.	2 c. cooked fish, flaked.
½ tb.	¼ c. soft bread crumbs.
⅛ T.	1 T. salt.
f.g.	¼ T. pepper.
3 drops	¼ T. grated onion.
¼ T.	1 tb. finely chopped parsley.
¼ T.	2 tb. melted butter.
3 drops	1 T. lemon juice.
	2 tb. milk.
1 T.	1 egg.
⅓ c.	2½ c. cooked rice.

1. Mix fish, crumbs and seasonings.
2. Add butter, milk, lemon juice and egg, well beaten.
3. Butter a mould; line with rice.
4. Pack centre with fish mixture; cover with rice.
5. Cover, steam 45 mins.
6. Turn out, serve with Parsley or Egg Sauce.

FISH LOAF.

¼ c.	2 c. cooked fish, flaked.
⅙ c.	1 c. soft bread crumbs.
⅛ T.	½ T. salt.
f.g.	¼ T. paprika.
⅛ T.	½ T. grated onion.
⅙ T.	1 T. lemon juice.
2 T.	2 eggs.
1 tb.	½ c. milk.
½ T.	1 tb. finely chopped parsley.

1. Mix all together; more milk may be needed if fish is dry.
2. Turn into buttered mould, cover.
3. Oven poach or steam until firm in centre—about ½ hr.
4. Serve hot with Drawn Butter or Hollandaise Sauce, or serve cold on lettuce.

FISH SOUFFLÉ.

1 T.	3 tb. butter.
1 T.	3 tb. flour.
f.g.	½ T. salt.
f.g.	f.g. cayenne.
1½ tb.	½ c. milk.
⅓	3 eggs.
1½ tb.	1 c. cooked fish, flaked.

1. Make white sauce; when thick, set back.
2. Add yolks of eggs, well beaten and fish.
3. Chill; fold in whites of eggs, beaten stiff.
4. Turn into buttered baking-dish.
5. Oven poach, or steam over gently boiling water 30 to 35 mins.—small moulds about 20 mins.
6. Serve at once with Drawn Butter or Tomato Sauce.

NOTES

CHAPTER IV.

VEGETABLES

The methods suitable for the cooking of vegetables are (1) baking (2) steaming and (3) boiling. Of these, steaming and baking are the best methods from the standpoint of conservation of food constituents, particularly mineral salts, of which a very large proportion is dissolved when vegetables are boiled. For this reason, the water in which vegetables are cooked, "vegetable stock," should be used in making sauces and soups.

METHODS OF COOKING VEGETABLES

I. Baking.—As this method is applicable to comparatively few vegetables, rules will be given in case of such vegetables as may be baked, as potatoes, squash.

II. Steaming.—This method should be used whenever possible. A longer time is required than when vegetables are cooked by boiling, but the losses are reduced to a minimum. In the case of strong vegetables, the flavor is sufficiently reduced.

To steam vegetables, place on plate or cheesecloth in steamer; sprinkle mild-flavored vegetables with salt; add salt to strong-juiced when half-cooked; cover with cheesecloth. Steam until tender.

III. Cooking in Water.—Vegetables are divided into three classes from the standpoint of cooking in water.

1. Mild-flavored vegetables.—Prepare the vegetables for cooking; put into boiling water to cover; bring quickly to boiling point; boil gently until tender—test with fork or knitting needle. Add salt (1 T. to 1 qt.) when vegetables are half cooked. Drain as soon as cooked.

2. Strong-flavored Vegetables.—Prepare vegetables; put into large amount boiling water; cook uncovered; change

water at end of 10 mins.; add salt when vegetables are half-cooked. If very strong (as onions) change water at end of 5 mins., and again at end of 10 mins.

3. Watery Vegetables.—Prepare vegetables (as spinach, tomatoes); place in kettle over gentle heat; heat gradually until water is extracted; cook until tender. Uncover, if necessary, to evaporate water.

CAULIFLOWER AU GRATIN.

1. Steam a cauliflower whole; place on serving-dish.
2. Cover with buttered crumbs; brown in hot oven.
3. Pour 1 c. medium white sauce around cauliflower and serve.

Note.—¼ c. grated cheese may be added to the sauce.

CORN PUDDING.

¼ c.	1 can corn (2 c.).
1 tb.	⅔ c. milk.
⅛ T.	1¼ T. salt.
f.g.	⅛ T. pepper.
½ T.	1 tb. butter (melted).
2 tb.	1½ c. buttered crumbs.

1. Mix corn and milk; add seasonings and butter.
2. Pour into buttered baking-dish; cover with buttered crumbs; bake in moderate oven 20 to 30 mins.

CORN FRITTERS.

1 c. canned corn.
1 c. flour.
1 T. baking powder.
1½ T. salt.
¼ T. paprika.
f.g. cayenne.
2 eggs.

1. Chop corn; add flour mixed and sifted with baking powder and seasonings.
2. Add yolks of eggs, well beaten; fold in whites, beaten stiff.
3. Drop, by spoonfuls, in fat which browns a cube of bread in 60 secs.
4. Cook until golden brown; drain on paper.
5. Serve as an entrée.

CORN CHOWDER.

2 c. canned corn
4 c. potatoes, ¼" slices.
1½" cube fat salt pork.
1 small onion.
4 c. milk.
8 crackers.
3 tb. butter.
1½ T. salt.
f.g. pepper.

1. Cut pork into small pieces; put into frying-pan over low heat.
2. Add onion; cook 5 mins., stirring frequently.
3. Strain fat into saucepan; add potatoes which have been parboiled 5 mins.
4. Add 2 c. boiling water; cook until potatoes are soft.
5. Add corn and milk; heat to boiling.
6. Add butter and seasonings.
7. Turn into soup tureen; moisten crackers in cold milk and place on top.

STEWED MUSHROOMS.

½ lb. mushrooms.
2 tb. butter.
1 tb. flour.
½ c. rich milk or stock.
¼ T. salt.
Pepper.

1. Wash mushrooms, remove stems, scrape and cut in pieces.
2. Peel caps, break in pieces.
3. Melt butter in saucepan; add mushrooms, cook 2 mins.
4. Sprinkle with flour; when flour is blended, add milk or stock.
5. Cook slowly 5 to 15 mins. or until tender; season, serve on fingers of toast; garnish with toast points and parsley.

CANNED PEAS.

1. Drain peas in a sieve, rinse with cold water; let stand ½ hr. to aerate.
2. Melt butter in a saucepan, put in the peas; heat

slowly; season; peas may be added to white sauce and reheated.

Note.—Peas may be heated in water extracted from lettuce. Melt butter in a saucepan; put in one or two lettuce leaves; heat gently until water is extracted; remove leaves, put in peas and heat.

PEA TIMBALES.

2 c. cooked peas.
2 tb. butter, melted.
2 eggs.
½ T. salt.
⅛ T. pepper.
f.g. cayenne.
¼ T. grated onion.

1. Press peas through a sieve—there should be 1 c. pulp.
2. Add butter, eggs well-beaten, and seasonings.
3. Turn into buttered moulds; cover.
4. Oven poach or steam until firm, about 30 mins.
5. Turn out; serve with 1 c. white sauce to which has been added 1 tb. finely chopped parsley or ⅓ c. cooked peas.

STUFFED PEPPERS.

6 sweet green peppers.
2 tb. flour.
½ T. salt.
2 tb. butter.
1 c. rich milk.
1½ c. cooked veal, chicken or ham, minced.
¼ T. grated onion.
½ c. buttered crumbs.

1. Select peppers of suitable size and shape for stuffing; cut slice from end; remove tongue and seeds.
2. Make white sauce; add meat and grated onion.
3. Fill peppers with the mixture; cover with buttered crumbs.
4. Place in baking-pan, add a little hot water.
5. Bake in moderate oven 30 mins.
6. Serve as an entrée or luncheon dish.

Note.—If peppers are strong, they may be parboiled 8 mins. before stuffing. Onions may be parboiled 10 mins., centres removed and finished as Stuffed Peppers.

POTATOES

BAKED POTATOES.

1. Scrub and rinse potatoes.
2. Place on rack in hot oven; bake 45 to 60 mins.
3. Crack or cut skins to allow steam to escape.
4. Serve uncovered in a hot dish.

STUFFED POTATOES.

1	6 baked potatoes.
⅛ T.	¾ T. salt.
f.g.	⅛ T. pepper.
1 T.	2 tb. butter.
1 tb.	¼ to ⅓ c. hot milk.
	1 white of egg.

1. Cut a slice from the side of a potato; scoop out the inside.
2. Mash; add seasonings, butter and milk.
3. Beat until very light; fold in white of egg, beaten stiff.
4. Refill shells; brown in hot oven.

Egg white may be omitted.

Additions.

½ tb. very finely chopped parsley.
⅓ to ½ c. chopped, cooked meat—ham, veal or chicken.
¼ to ⅓ c. grated cheese.

MASHED POTATOES.

6 medium-sized potatoes.
¼ to ⅓ c. hot milk.
1½ tb. butter.
½ T. salt.
Pepper.

1. Mash potatoes or put through ricer.
2. Add milk, butter and seasonings.
3. Beat until very light; pile lightly in hot dish.
4. Sprinkle with very finely chopped parsley.

DUCHESS POTATOES.

1. Prepare mashed potatoes; 1 egg or 2 yolks, well beaten, may be added.

2. Butter a baking-dish; put in potatoes, mound in centre; smooth the surface and brush over with melted butter.

3. Brown in a hot oven.

Note.—Left-over mashed potatoes may be reheated in this way.

POTATO ROSES.

2 c. hot riced potatoes.
3 tb. butter.
½ T. salt.
2 yolks of eggs.

1. Add butter, salt and beaten yolks, to potatoes.
2. Beat until very light.
3. Put mixture in pastry bag with large rose tube.
4. Shape on buttered baking sheet.
5. Brown lightly in hot oven. Use as a garnish for fish or meat.

FRANCONIA POTATOES.

1. Wash and pare potatoes; parboil 10 mins., drain.
2. Place in roasting pan, around meat; sprinkle with salt and pepper.
3. Bake until soft, about 40 mins., basting with fat in pan.

SCALLOPED POTATOES I.

1. Wash, pare and rinse potatoes; cut in ⅛″ slices.
2. Butter a baking-dish; put in a layer of potatoes; sprinkle with salt and pepper, dredge with flour and dot over with small pieces of butter.
3. Repeat until dish is full.
4. Pour in hot milk until it may be seen through top layer.
5. Bake in moderate oven 1 hour, or until soft. More milk may be needed.

Note.—It may be necessary to cover dish during first half of cooking.

SCALLOPED POTATOES WITH BACON.

1. Omit butter from scalloped potatoes; place strips of bacon in layers with potatoes, having potatoes on top, or cut bacon or ham in small pieces and put between layers of potatoes.

SCALLOPED POTATOES II.

2 c. cooked potatoes, diced.
1 c. medium white sauce.
½ tb. finely chopped parsley.
1½ c. buttered crumbs.

1. Add potatoes and parsley to white sauce.
2. Turn into buttered baking dish.
3. Cover with buttered crumbs; brown in hot oven.

Note.—½ to 1 c. grated cheese may be added to the sauce. Omit parsley.

FRENCH FRIED POTATOES.

1. Wash and pare potatoes; cut in thin slices or in strips.
2. Soak in cold water 1 hour.
3. Drain; dry between towels.
4. Cook in deep fat which browns a cube of bread in 40 secs.—390°F.
5. Cook until golden brown; drain on unglazed paper; sprinkle with salt; keep hot for serving.

BAKED SWEET POTATOES.

Prepare and bake as white potatoes.

MASHED SWEET POTATOES.

2 c. mashed potatoes.
2 tb. butter.
½ T. salt.
Pepper.
Hot milk.

1. Add butter, seasonings and milk to potatoes.
2. Beat until very light.
3. Pile in hot vegetable dish.



GLAZED SWEET POTATOES.

6 medium-sized potatoes.
⅓ c. sugar.
¼ c. water.
1 tb. butter.

1. Wash and pare potatoes; parboil 10 mins.

2. Drain; cut in halves lengthwise; place in buttered baking-pan.

3. Make a syrup of sugar and water, boil 3 mins., add butter.

4. Pour one-half of syrup over potatoes; bake until soft—about 15 mins., basting twice with remaining syrup.

SPINACH.

1. Remove roots and coarse stems from ½ pk. spinach.

2. Pick over; wash thoroughly in several waters.

3. Shake from the water; put into kettle over low heat, until water is extracted.

4. Cook until soft; stir frequently to prevent burning and add water only if necessary. Drain. Time, 25 to 45 mins.

5. Chop leaves very fine; add 2 tb. butter, salt and pepper.

6. Reheat; mound in hot serving dish; garnish with hard-cooked eggs and toast points.

Note.—Beet greens (leaves and tender stems) and leaves of Swiss chard may be cooked in same way.

SPINACH SOUFFLÉ.

½ pk. spinach, cooked.
2 tb. butter, melted.
1 tb. lemon juice.
½ T. salt.
⅛ T. pepper.
2 eggs.

1. Chop spinach very fine.

2. Add butter, seasonings and yolks of eggs.

3. Fold in whites, beaten till stiff; turn into buttered baking dish or small moulds.

4. Cover; oven poach or steam until firm—large mould, 30 to 40 mins.; small moulds, 25 to 30 mins.

5. Serve with hot Boiled Dressing or Drawn Butter Sauce; garnish with hard-cooked eggs and sections of lemon.

BAKED SQUASH I.

1. Cut squash in halves; remove seeds and stringy fibres.
2. Place in dripping-pan, having a little water in the pan; cover; bake in a moderate oven until soft, 1 to 1½ hours.
3. Scrape from shell; mash; season with butter, pepper and salt.

BAKED SQUASH II.

1. Cut in pieces about 4″ square; remove seeds and stringy fibres.
2. Place in baking-pan; cover; bake in a moderate oven about 1 hour.
3. Scrape from shell; mash; season with butter, pepper and salt, or pieces may be served as cooked, with butter, pepper and salt.

Note.—If squash is soft-shelled, the pieces may be pared before cooking.

STEAMED SQUASH.

1. Cut squash in pieces; remove seeds and fibres; place on cheesecloth in steamer.
2. Cover with cheesecloth; steam until soft, about 30 to 40 mins.
3. Lift out; mash and season.

STEAMED VEGETABLE MARROW.

1. Cut marrow in slices 1″ thick, then in pieces for serving; remove skin.
2. Place on plate in steamer; cover with cheesecloth.
3. Steam until tender, about 20 to 30 mins.
4. Lift out carefully; serve with butter, pepper and salt, or use water collected on plate in making Vegetable Sauce.

Marrow may be mashed and seasoned with butter, pepper and salt.

STEWED TOMATOES.

1. Pour boiling water over tomatoes to loosen skins; peel; cut in pieces, removing core.
2. Cook slowly about 20 mins.; stir occasionally.
3. Season with butter, pepper, salt and a little sugar.

Note.—Onion or green pepper, cut in small pieces, may be cooked with the tomatoes.

Tomatoes may be thickened with bread crumbs, or add cubes of bread just before serving. Cracker crumbs, cornstarch or minute tapioca may be used.

SCALLOPED TOMATOES.

8 large tomatoes.
1 T. grated onion.
1 tb. butter.
1 T. salt.
⅛ T. pepper.
1 tb. sugar.
2 c. buttered crumbs.

1. Scald and peel tomatoes; cut into pieces.
2. Butter a baking-dish; put in a layer of buttered crumbs.
3. Add a layer of tomatoes; dot over with butter; sprinkle with seasonings and cover with crumbs.
4. Repeat, having a thick layer of crumbs on top.
5. Bake in a moderate oven.

Note.—Canned tomatoes may be used; if very juicy, drain tomatoes from the juice.

STUFFED TOMATOES.

1	6 medium sized tomatoes.
¼ T.	½ tb. finely chopped onion.
1 T.	2 tb. butter.
3 tb.	½ c. crumbs.
	½ c. cooked veal, chicken or ham, minced.
⅛ T.	½ T. salt.
f.g.	Pepper.
1 T.	1 egg.
1 tb.	½ c. buttered crumbs.

1. Wipe tomatoes; cut slice from stem end.
2. Scoop out inside with a teaspoon; sprinkle inside of shell with salt, invert, let stand 15 mins.
3. Brown the onion slightly in butter; add crumbs, meat, tomato pulp and seasonings; cook 5 mins.
4. Add egg, slightly beaten; cook 1 min.
5. Refill shells, cover with buttered crumbs, place in greased pan or casserole.
6. Bake in hot oven 20 mins.

SCALLOPED VEGETABLES.

⅓ c.	2 c. cooked vegetables.
¼ c.	1 c. medium white sauce.
3 tb.	1½ c. buttered crumbs.

1. Use cooked potatoes, cabbage, cauliflower, onions, etc.
2. Butter a baking-dish; put in vegetables.
3. Pour over white sauce; cover with buttered crumbs.
4. Bake, until crumbs are brown, in a moderate oven.

MACEDOINE OF VEGETABLES.

1. Cook separately equal quantities of carrots, turnips and parsnips, cut into cubes.
2. Drain; mix all together; add canned peas or finely chopped parsley, melted butter and seasonings.
3. Turn into hot serving-dish or serve as a border around meat or fish.

BAKED BEANS.

4 c. small white beans.
¼ lb. fat salt pork.
⅔ tb. salt.
1 tb. molasses.
2 tb. brown sugar.
¼ T. pepper.
1 T. mustard.

1. Pick over and wash beans.
2. Soak over night in cold water to which baking soda has been added (½ T. to 1 qt.).
3. In morning, drain; add fresh boiling water and cook below boiling point until skin curls when beans are exposed to the air. Drain.
4. Scald and scrape the rind of the pork.
5. Place thin slice of pork in bottom of crock; turn in the beans; bury remaining pork at top of crock.
6. Mix molasses, sugar and seasonings with 1 c. boiling water; pour over beans; add enough boiling water to cover beans.
7. Cover; bake in a slow oven 6 to 8 hours; uncover last hour to brown the top.

Note.—Add water as needed during cooking, or add stewed and strained tomatoes or tomato catsup during last hour of cooking.

TABLE VIII.

COOKING OF VEGETABLES—BOILING.

Kind of Vegetable.	Preparation.	Cooking: Time.	Serving.
Mild-flavored—			
Artichokes	Clean with brush; scrape; rinse.	Boil in acidulated water to cover— 1 T. vinegar to 1 qt. 20 to 30 mins.	Serve with Vegetable Sauce.
Asparagus	Wash; cut off tough end of stalk; tie in bunches.	Stand, heads up, in deep kettle; pour in boiling water to three-quarters of height of bunches. 20 to 40 mins.	Serve with Vegetable Sauce or serve on toast with melted butter or with Hollandaise Sauce.
Beans, string	Wash and drain. Remove stems, tips and strings. Cut into 1 inch lengths, or into long, thin strips.	Cook in boiling water to cover, 25 to 45 mins.	Serve with butter, pepper and salt, or Vegetable Sauce.
Beets	Cut tops 2″ from root; wash, do not break skin.	Cook in boiling water to cover—young beets, 30 to 40 mins.; old beets, 2 to 3 hours. Drain; plunge into cold water. Rub off skin.	Slice or chop, if large; season; reheat with butter, or serve with Drawn Butter Sauce.
Carrots	Wash; scrape; rinse.	Cook in boiling water to cover, 30 to 45 mins.	Serve with butter, pepper and salt, or with Vegetable Sauce.
Celery	Clean with brush; remove leaves; cut into ¾″ pieces.	Cook in boiling water, to cover, 30 to 45 mins.	Serve with Vegetable Sauce.
Corn	Remove leaves and silk.	Put into boiling water; bring to boiling again quickly. Add salt 3 mins. before draining—2T. to 1 qt. 7 to 15 mins.	Serve on platter in folded serviette, or cut from cob and reheat in milk; season with butter, pepper and salt.
Parsnips	Clean with brush; scrape; cut in 3″ pieces or in cubes.	Cook in boiling water, to cover, 20 to 40 mins.	Serve with butter, pepper and salt or with Vegetable Sauce; or mash, add butter, pepper and salt.

Peas	Remove from pods; rinse and, if not fresh, let stand in cold water ½ hour	Cook in boiling water to cover. A little sugar may be added. Uncover when partly cooked, to evaporate water. 20 to 40 mins.	Drain; serve with butter, pepper and salt, or with Vegetable Sauce.
Potatoes	Wash, pare and rinse.	25 to 30 mins. Drain; uncover; shake in air to dry.	Serve with melted butter and finely chopped parsley; or mash, add butter, hot milk and seasonings; beat until very light.
Salsify	Wash with brush; scrape, keeping under water; rinse in acidulated water. Cut in slices.	Cook in boiling water to cover, 15 to 20 mins.	Serve with Vegetable Sauce.
Swiss Chard	Wash stalks; cut in 1″ lengths.	Cook as celery, 30 to 45 mins.	Serve with Vegetable Sauce.
Strong-flavored— Brussel Sprouts	Pick over; remove wilted leaves; wash.	Cook, uncovered, in large amount boiling water, till tender, 20 to 25 mins.	Serve with Vegetable Sauce, or with butter and seasonings.
Cabbage	Remove outer leaves; cut in quarters; soak ½ hour in cold water; chop leaves.	Cook, uncovered, in large amount boiling water. If cabbage is old, change water at end of first 10 mins. 30 to 60 mins.	Serve with butter and seasonings or with White Sauce.
Cauliflower	Remove leaves and stem; soak ½ hr. in cold water.	Cook, whole or in pieces, in large amount water, until tender, 20 to 30 mins.	Serve with White Sauce.
Onions	Peel under water.	Put into large amount boiling water; cook 5 minutes; change water; cook 10 minutes longer; change again; finish cooking. Drain. 45 to 60 mins.	Serve with butter and seasonings or with White Sauce.
Turnips	Wash; cut in ½″ slices; pare.	Cook in large amount boiling water 10 mins.; change water; if turnip is strong, change twice. 40 to 60 mins.	Mash; add butter, pepper and salt and a little hot milk or cream; or serve in cubes or strips with White Sauce.

NOTES

CHAPTER V.

SAUCES FOR FISH, MEAT AND VEGETABLES

Many sauces are made according to the method for White Sauce or Brown Gravy and have therefore been tabulated for convenience.

WHITE SAUCE.

1½ T.	2 tb. flour.
⅛ T.	½ T. salt.
f.g.	f.g. pepper, white or cayenne.
1 to 1½ T.	1 to 2 tb. butter.
¼ c.	1 c. milk.

Melt the butter; blend in the flour and seasonings; add milk gradually; stir and cook until thick.

Note.—This sauce is of medium thickness, suitable for serving on vegetables, fish, meat, etc.

BROWN GRAVY.

2 T.	3 tb. flour.
⅛ T.	½ T. salt.
f.g.	f.g. pepper.
2 T.	2 tb. fat.
¼ c.	1 c. stock or boiling water.

1. Add flour and seasonings to fat, in the pan in which meat was cooked.
2. Stir over heat until the flour is browned.
3. Add 1 c. boiling water or stock.
4. Cook until thick; strain.

TABLE IX.

SAUCES FOR FISH, MEAT AND VEGETABLES.

Name.	Serve with.	Basis.	Liquid.	Additions.
Cream Sauce	Vegetables. Toast. Fish.	2 tb. flour. ½ T. salt. f.g. white pepper. 1 to 2 tb. butter.	1 c. milk.	
Cheese Sauce	Vegetables, macaroni, rice, toast.	" "	" "	2 tb. to ½ c. grated cheese.
Egg Sauce	Fish, toast.	" "	" "	2 hard-cooked eggs, chopped.
Parsley Sauce	Fish. Rice and fish casserole.	" "	" "	1 tb. parsley, chopped.
Caper Sauce	Fish, mutton.	" "	" "	¼ c. capers.
Oyster Sauce	Chicken, turkey, fish.	" "	⅔ c. milk. ⅓ c. oyster juice.	½ c. oysters. f.g. nutmeg.
Shrimp	Fish, fish timbales.	" "	1 c. milk.	¼ c. shrimps.
Drawn Butter	Fish.	2 tb. flour. ½ T. salt. f.g. white pepper. 3 tb. butter.	1 c. boiling water.	½ tb. vinegar or lemon juice.
Egg Sauce	Fish.	" "	" "	½ tb. vinegar or lemon juice. 1 yolk of egg, beaten.
Parsley	Fish, timbales.	" "	" "	½ tb. vinegar. 1 tb. parsley, finely chopped.
Caper Sauce	Fish, mutton.	" "	" "	⅛ c. capers.
Shrimp	Fish.	" "	" "	½ tb. lemon juice. ¼ c. shrimps.
Cucumber Sauce	Fish.	" "	" "	½ tb. vinegar. ¼ c. cucumber, chopped.
Vegetable Sauce	Vegetables.	2 tb. flour. ½ T. salt. f.g. pepper. 1 to 2 tb. butter.	½ c. vegetable stock. ½ c. milk.	Vegetable pulp or cubes of vegetables.
Velouté Sauce	Fowl, mutton, veal.	" "	1 c. white stock.	Season with celery, carrots and bay leaf, simmered in stock.
Allemande Sauce	Fowl, mutton.	" "	" "	Season stock as above; add 1 yolk of egg, beaten, 1 T. lemon juice.

Asparagus Sauce	Broiled Chicken. Fish. Croquettes.	2 tb. flour, ½ T. salt. F. g. pepper. 1 to 2 tb. butter.	1 c. white stock.	½ c. asparagus tips. 1 to 2 yolks of eggs, beaten.
Soubise Sauce	Lamb, mutton, pork.	" "	" "	3 tb. chopped onion. 3 tb. chopped celery. Cook in stock till tender. Press through sieve.
Horseradish Sauce	Veal, beef.	" "	" "	4 tb. grated horseradish. 2 T. vinegar. ½ c. whipped cream. Fold in cream just before serving.
Brown Gravy	Beef, veal, lamb, pork, fowl (broiled or roasted).	3 tb. flour. ½ T. salt. Pepper. 2 tb. fat.	1 c. stock or boiling water.	
Flemish Sauce	Beef, veal. . .	"	1 c. " " "	2 tb. gherkins, cut in cubes. 2 tb. carrots, cut in cubes.
Currant Sauce	Roast mutton or lamb.	"	¾ c. " "	¼ c. stiff currant jelly, cut in cubes. 1 tb. lemon juice. Add just before serving.
Olive Sauce	Roast duck.	"	1 c. " " "	8 olives, chopped and simmered in sauce.
Mushroom Sauce	Beefsteak.	"	1 c. " " "	½ c. mushrooms, simmered in sauce.
Tomato Sauce	Fish. Beefsteak. Veal cutlets. Croquettes. Macaroni.	2 tb. flour. ½ T. salt. Pepper. 2 tb. butter.	1 c. seasoned tomato stock. (See recipe for Tomato Sauce, p. 100).	
Brown Tomato Sauce	Beef, veal, pork.	3 tb. flour. ½ T. salt. Pepper. 2 tb. butter.	½ c. tomato stock, seasoned. ½ c. brown stock.	
Spanish Sauce	Roast Beef or Beefsteak.	" "	1 c. brown stock.	2 tb. ham, chopped. 2 tb. carrots, chopped. 2 tb. celery, chopped. 4 tb. strained tomato.
Cuban Sauce	Lamb.	2 tb. flour. ½ T. salt. Pepper. 2 tb fat.	¾ c. stock.	1 tb. chopped ham. ½ c. tomato ketchup. Brown ham in fat; finish as in general rules.

TOMATO SAUCE.

¼ c.	1½ c. canned tomatoes.
⅓ c.	1 c. water.
1	2 cloves.
	2 allspice berries.
1	2 pepper berries.
piece	piece bay leaf.
piece	2 sprays parsley.
piece	1 slice onion.
1½ T.	3 tb. butter.
2 T.	4 tb. flour.
⅛ T.	1 T. salt.
f.g.	⅛ T. pepper.

1. Cook first seven ingredients 15 mins.
2. Press through a sieve; there should be 2 c. "seasoned tomato stock."
3. Brown onion in butter; lift out the onion.
4. Add flour and seasonings to butter; mix well.
5. Add stock gradually; stir and cook until thick.

Note.—To give this sauce a clearer color, the flour may be browned in the butter, in which case 5 tb. flour should be used.

Onion may be cooked with the tomatoes, or onion juice may be added to the sauce.

MAITRE d'HÔTEL SAUCE.

½ tb.	¼ c. butter.
f.g.	½ T. salt.
f.g.	f.g. cayenne.
¼ T.	½ tb. parsley, finely chopped.
¼ T.	¾ tb. lemon juice.

1. Cream the butter; add seasonings and parsley.
2. Add lemon juice slowly; chill.
3. Shape into balls. Serve on beefsteak.

BÉCHAMEL SAUCE.

1 T. chopped onion.
2 T. chopped carrot.
1 bay leaf.
1 spray of parsley.
4 pepperberries.
¾ c. white stock.
2 tb. flour.
¼ T. salt.
f.g. pepper.
2 tb. butter.
½ c. milk.

1. Simmer first six ingredients 20 mins.; strain (there should be ½ c. stock); add milk.
2. Finish as White Sauce.

MINT SAUCE.

¼ c. mint leaves, finely chopped.
¼ c. water.
¼ c. vinegar.
2 tb. sugar.

1. Mix water, vinegar, sugar; stir until sugar is dissolved.
2. Pour over mint; let stand at back of range 30 mins.

MIXED MUSTARD.

3 tb. mustard.
1 tb. sugar.
1 egg.
¼ c. vinegar.
¼ c. water.
1 tb. butter.

1. Mix mustard, sugar and egg; add water and vinegar gradually.
2. Cook over hot water, stirring constantly, until thick.
3. Remove from heat; add butter.

HOLLANDAISE SAUCE.

½ tb.	3 tb. butter.
¼	2 yolks of eggs.
f.g.	¼ T. salt.
f.g.	f.g. cayenne.
1 tb.	⅓ c. boiling water.
½ T.	1 tb. lemon juice.

1. Cream the butter; add beaten yolks of eggs.
2. Add seasonings and water.
3. Cook over water boiling very gently, until thick; stir constantly.
4. Remove from heat; add lemon juice.
5. Serve at once with fish steaks, baked fish or cutlets.

SAUCE TARTARE.

1 c. mayonnaise dressing.
½ tb. chopped olives.
½ tb. chopped pickles.
½ tb. capers.
½ tb. parsley, finely chopped.
Few drops onion juice.

1. To mayonnaise, add remaining ingredients.
2. Serve with fish or fish cutlets.

HOT SAUCE TARTARE.

1 c. hot boiled dressing.
½ tb. chopped olives.
½ tb. chopped gherkins.
½ tb. capers.
½ tb. chopped parsley.

1. To boiled dressing add remaining ingredients.
2. Stir until heated, over hot water.
3. Serve with fish or baked ham.

CREAM HORSERADISH SAUCE.

4 tb. horseradish.
2 tb. lemon juice.
1 tb. vinegar.
1 T. salt.
½ T. sugar.
f.g. cayenne.
onion juice.
½ c. cream, whipped.

1. Mix horseradish with 2 T. water; let stand 10 mins.
2. Add lemon juice, vinegar and seasonings.
3. Beat gradually into whipped cream.

HORSERADISH SAUCE.

3 tb. fine cracker crumbs.
⅓ c. grated horseradish.
1½ c. milk.
2 tb. butter.
½ T. salt.
f.g. cayenne.

1. Drain horseradish from liquid; add to milk and crumbs in double boiler.
2. Cook over hot water 20 mins.
3. Add butter and seasonings.
4. Serve with beef or veal.

BREAD SAUCE.

¾ c. stale bread crumbs.
1½ c. milk.
1 tb. onion, chopped.
4 to 6 cloves.
½ T. salt.
f.g. cayenne.
2 tb. butter.

1. Tie onion and cloves loosely in cheesecloth.
2. Cook bread crumbs, milk and onion in double-boiler 30 mins.; remove onion.
3. Add seasonings and butter.
4. Serve with roast or steamed chicken and roast partridge.

NOTES

CHAPTER VI.

SOUPS

(A.) SOUPS WITHOUT STOCK

Many soups of this class are "Cream Soups," and are made by the same general method. Cream soups consist of vegetable stock and pulp with milk; they are thickened to the consistency of cream; they should be served very hot and as soon as made.

Cream soups are more correctly served at luncheon or supper than at dinner.

GENERAL PROPORTIONS AND METHOD FOR CREAM SOUPS

1 T.	2 tb. butter.
1 T.	4 tb. flour.
⅛ T.	1 T. salt.
f.g.	⅛ T. white pepper or f.g. cayenne.
¼ c.	2 c. vegetable stock and pulp.
¼ c.	2 c. milk.

Method:

1. Melt butter; blend in flour and seasonings.
2. Add vegetable stock, gradually; stir and cook until thick.
3. Add milk, hot or cold; reheat.
4. Strain and serve at once.

Note.—Cream soups may be made from many kinds of vegetables, as asparagus, cauliflower, artichokes, salsify, onions. The stock may be reserved when vegetables are cooked, and used with left-over vegetables. By doing this much valuable food material is made use of which is otherwise wasted.

CREAM OF CARROT SOUP.

¼ c.	2 c. carrot.
	1 small onion.
1 T.	4 tb. flour.
⅛ T.	1 T. salt.
f.g.	⅛ T. white pepper.
1 T.	2 tb. butter.
¼ c.	2 c. carrot stock and pulp.
¼ c.	2 c. milk.

1. Wash and scrape carrots; grate or cut in small pieces.
2. Cook with onion, in boiling water, until tender.
3. Press through a sieve; there should be 2 c. stock and pulp.
4. Finish according to general method.

CREAM OF CELERY SOUP.

¼ c.	1½ c. celery.
1 T.	4 tb. flour.
⅛ T.	1 T. salt.
f.g.	⅛ T. pepper, or f.g. cayenne.
1 T.	2 tb. butter.
¼ c.	2 c. celery stock.
¼ c.	2 c. milk.
	onion juice.

1. Cook celery in boiling water until very soft.
2. Press through a sieve; there should be 2 c. stock and pulp.
3. Finish according to general method.

Note.—Dried celery leaves may be used (1½ tb. to 1 c. boiling water).

CREAM OF CHEESE SOUP.

½ c.	4 c. milk.
Piece	1 blade mace.
½ T.	1½ tb. flour.
f.g.	¾ T. salt.
f.g.	f.g. pepper.
⅓ T.	1 tb. butter.
1 T.	2 yolks of eggs.
½ tb.	4 tb. grated cheese.

1. Heat milk with mace; remove mace.
2. Make sauce of flour, seasonings, butter and milk.
3. Add yolks of eggs, beaten; cook 1 min.
4. Add cheese; serve at once.

CREAM OF CORN SOUP.

2 tb.	2 c. canned corn or corn cut from cob.
¼ c.	2 c. water.
1 T.	2 tb. butter.
⅛ T.	1 T. chopped onion.
⅔ T.	3 tb. flour.
⅛ T.	1 T. salt.
f.g.	⅛ T. pepper.
¼ c.	2 c. milk.

1. Cook corn in boiling water 20 mins.
2. Press through a coarse sieve; there should be 2 c. stock.
3. Cook onion in butter until lightly browned.
4. Finish according to general method.

CREAM OF POTATO SOUP.

2 tb.	1½ c. hot riced potatoes or 1 c. mashed.
½ c.	4 c. milk or milk and water.
⅛ T.	1 small onion.
1 T.	2 tb. flour.
⅛ T.	1½ T. salt.
f.g.	¼ T. celery salt.
f.g.	⅛ T. pepper.
f.g.	f.g. cayenne.
1 T.	2 tb. butter.
¼ T.	1 T. chopped parsley.

1. Scald milk with onion; add slowly to potatoes.
2. Finish according to general method.
3. Add parsley after soup has been strained.

Note.—Left-over potatoes may be used; mash or rice potatoes and reheat with the milk.

SPLIT PEA SOUP.

1 c. dried split peas.
8 c. cold water.
2" cube, fat salt pork.
1 tb. chopped onion.
2 tb. flour.
1 T. salt.
⅛ T. pepper.
2 tb. butter.
2 c. milk.

1. Pick over and wash the peas; soak overnight in 1 qt. cold water, to which has been added ½ T. soda.

2. Drain; add 8 c. cold water, pork and onion; simmer until soft, 3 to 4 hours; rub through a sieve.
3. Finish according to general method.

GREEN PEA SOUP.

3 tb.	2 c. cooked green peas.
¼ c.	1½ c. boiling water.
1 T.	2 tb. flour.
⅛ T.	1 T. salt.
f.g.	⅛ T. pepper.
f.g.	1 T. sugar.
1 T.	2 tb. butter.
¼ c.	2 c. milk.

1. Cook the peas in boiling water, until very soft.
2. Press through a coarse sieve; there should be 2 c. stock.
3. Finish according to general method.

CREAM OF TOMATO SOUP.

¼ c.	2 c. cooked tomatoes.
Soda	⅛ T. soda.
1 T.	4 tb. flour.
⅛ T.	1 T. salt.
f.g.	⅛ T. pepper.
1 T.	2 tb. butter.
¼ c.	2 c. milk.

1. Heat tomatoes to boiling; cook, if not very soft.
2. Press through a sieve; add soda.
3. Add boiling water to make 2 c. stock.
4. Finish according to general method.

TOMATO BISQUE.

2 tb.	2 c. canned tomatoes.
⅛ T.	2 T. sugar.
f.g.	¼ T. baking soda.
½ T.	½ small onion.
1	6 cloves; piece of bay leaf.
Piece	Spray of parsley.
¾ tb.	¾ c. stale bread crumbs.
½ c.	4 c. milk.
⅛ T.	1½ T. salt.
f.g.	⅛ T. pepper.
1 T.	3 tb. butter.

1. Scald milk with onion, spices, parsley and bread crumbs; press through a sieve.

2. Cook tomatoes with sugar 15 mins.; add soda and press through a sieve.

3. Reheat milk to boiling; add tomatoes, butter and seasonings.

4. Serve at once with croûtons or crisp crackers.

(B.) STOCK SOUPS

Stock soups are of two general classes,—thickened and unthickened; in all of these meat stock forms the basis.

SOUP STOCK (4 c.).

2 lb. meat and bone.
6 c. cold water.

For White Soup Stock use veal and chicken.

1. Cut the meat into small pieces; add bones and cold water; soak 1 hour.

2. Cook, below boiling, 3 hours.

3. Strain through moistened cheesecloth.

For Brown Soup Stock use fresh beef or trimmings and bones of cooked meats—beef, lamb, pork.

1. Soak the bones and half of the meat in cold water 1 hour.

2. Cut remaining meat into small pieces; roll in flour; brown in a little fat in hot frying-pan; add to bones and water.

3. Cook below boiling 3 hours.

4. Strain through moistened cheesecloth.

FLAVORED SOUP STOCK (4 c.).

2 lbs. meat and bone.
6 c. cold water.
1 small onion.
½ c. carrot.
½ c. turnip.
4 cloves.
6 pepperberries.
1 bay leaf.
1 T. mixed sweet herbs.
1 spray parsley.
2 stalks celery.
1 T. salt.

1. Soak and cook meat and bones as given in general methods.

2. When cooked 2 hours, add vegetables and seasonings; cook 1½ hours longer.

3. Strain through moistened cheesecloth.

Note.—Part of the vegetables may be browned before adding.

TO CLEAR SOUP STOCK.

1 qt. soup stock.
1 white of egg and 1 shell.
¼ c. cold water.

1. Let stock become cold; remove fat.

2. Beat white of egg slightly; add shell, crushed; add to stock; mix thoroughly.

3. Heat slowly to boiling point, stirring continuously; boil 5 mins.; add seasonings, as desired.

4. Set back; let stand 5 mins.; add cold water.

5. Let stand to settle; strain through a thick cotton placed over a strainer.

VARIATIONS OF CLEAR SOUP

JULIENNE SOUP.

4 c. flavored soup stock.
2 tb. cooked carrot, cut in cubes or strips.
2 tb. cooked turnip, cut in cubes or strips.
1 tb. cooked peas.
1 tb. cooked string beans.

1. Have soup stock hot; add vegetables.

2. Reheat and serve.

TOMATO STOCK SOUP.

3 c. flavored soup stock.
2 c. canned tomatoes.
1 T. sugar.
2 tb. sweet green pepper, chopped.
2 tb. lean raw ham.
½ tb. butter.
1 T. salt.

1. Cook ham and pepper in butter 5 mins.; brown very lightly.

2. Add stock, tomatoes and sugar; simmer ½ hour.

3. Strain and serve.

MACARONI SOUP.

4 c. brown soup stock, flavored.
2 tb. macaroni, broken in ½" pieces.

1. Wash and cook macaroni in boiling, salted water until tender; drain.
2. Add to soup stock; reheat and serve.

Note.—In the same way, noodles, rice (1 tb.) or barley may be added. Sago and tapioca, previously soaked, may be cooked in the stock until clear.

GARNISHES FOR UNTHICKENED SOUPS

EGG CUSTARD.

2 yolks of eggs.
f.g. salt.
2 tb. milk.

1. Beat eggs slightly; add salt and milk.
2. Pour into small, buttered mould; oven-poach or steam until firm; chill.
3. Turn out; cut in fancy shapes; serve in soup.

ROYAL CUSTARD.

1 egg.
3 yolks of eggs.
½ c. cleared stock.
⅛ T. salt.
f.g. cayenne.
f.g. nutmeg.

1. Combine and cook as Egg Custard.

FORCEMEAT BALLS.

¾ c. cooked meat, minced.
¼ c. soft bread crumbs.
¼ T. salt.
f.g. cayenne.
¼ T. thyme.
1 T. lemon juice.
1 T. chopped parsley.
⅛ T. grated onion.
1 yolk of egg.

1. Mix all together; form into balls the size of a small marble.

2. Roll in flour; brown in hot fat.
3. Place 3 or 4 in each serving.

THICKENED STOCK SOUPS

TURKISH SOUP.

5 c. brown soup stock.
3 tb. rice.
1½ c. cooked tomatoes, strained.
1 small onion.
10 pepperberries.
Piece of bay leaf.
1½ tb. flour
1 T. salt.
¼ T. celery salt.
2 tb. butter.

1. Cook rice in stock until soft.
2. Add seasonings to tomatoes; simmer 20 mins.
3. Combine stock and tomatoes; rub through a sieve.
4. Finish as a cream soup.

CREOLE SOUP.

3 tb. butter.
2 tb. chopped green peppers.
1½ tb. chopped onion.
4 tb. flour.
3 c. brown stock.
1½ c. tomatoes.
1 T. salt.
Pepper.
Cayenne.
1½ tb. horseradish.
½ T. vinegar.
2 sticks macaroni.

1. Cook peppers and onion in butter 5 mins.
2. Add flour, blend thoroughly; add stock and tomatoes; simmer 15 mins.
3. Press through a sieve; season; reheat.
4. Add horseradish, vinegar and macaroni, cooked and cut in rings.

MULLIGATAWNY SOUP.

3 tb. butter.
⅓ c. each, carrot, onion, celery.
1 apple.
1 c. raw chicken, diced.
⅓ c. flour.
2 cloves.
1 blade mace.
½ T. pepperberries.
1 spray parsley.
1 T. curry powder.
5 c. white stock.
1 c. tomatoes.
Salt, pepper and cayenne.

1. Wash, pare and cut vegetables and apples in small pieces.

2. Cook, with the chicken, in fat until brown.

3. Add flour and seasonings; blend thoroughly.

4. Add stock and tomato; simmer 1 hour.

5. Press through a sieve; reserve chicken.

6. Add chicken to soup; season; serve with cooked rice or macaroni.

THICKENED SOUPS WITHOUT STOCK

TOMATO SOUP.

½ c.	2½ c. cooked tomatoes (1 can).
¼ c.	2 c. water.
2	12 pepper berries.
1	4 cloves.
Piece	1 bay leaf.
½ T.	1 tb. chopped onion.
¼ T.	2 T. sugar.
1 T.	3 tb. flour.
f.g.	1 T. salt.
1 T.	2 tb. butter.

1. Simmer first seven ingredients 20 mins.

2. Press through a sieve (there should be 1 qt.).

3. Finish as a cream soup.

VEGETABLE SOUP.

2 T.	3 tb. beef dripping or butter.
1 tb.	⅓ c. carrot, diced.
1 tb.	⅓ c. turnip, diced.
1 tb.	⅓ c. celery, diced.
½ T.	1 tb. onion, chopped.
¼ c.	1½ c. potatoes, diced.
1 c.	4 c. boiling water.
¼ T.	½ tb. chopped parsley.
¼ T.	1 T. salt.
f.g.	⅛ T. pepper.

1. Cook carrot, turnip, onion and celery in dripping until lightly browned.
2. Add potatoes, cook 2 mins. longer, add water.
3. Cover and simmer 1 hour; add water to keep amount of liquid 1 qt.
4. Add parsley and seasonings.

Note.—For Maigre Soup, press vegetables through a sieve before adding parsley.

SOUP ACCOMPANIMENTS

CRISP CRACKERS.

1. Spread crackers or wafers thinly with butter.
2. Place on baking sheet; bake until lightly browned.

CHEESE WAFERS.

1. Place wafers on baking sheet; sprinkle with grated cheese; paprika may be added.
2. Bake until cheese is melted.

CROÛTONS.

1. Cut slices of stale bread ⅓″ thick; cut into cubes.
2. Place in baking pan and brown in a hot oven.

SOUP STICKS.

1. Cut stale bread into ⅓″ slices; remove crusts.
2. Spread thinly with butter.
3. Cut into strips ⅓″ wide and 2½ to 3″ long.
4. Brown in a hot oven.

Note.—Left-over toast may be used in making croûtons or soup sticks.

NOTES

NOTES

CHAPTER VII.

EGGS

GENERAL NOTES.

1. Eggs should be kept in a cool place.

2. They should be washed before using.

3. When breaking, scrape out the white adhering to the end of shell.

4. An unbroken yolk will not harden if covered with cold water. White of egg may be kept covered in a cool place.

5. The temperature used in cooking eggs and egg mixtures is important. Eggs are "cooked" when they are firm or coagulated; this change is completed at 162°F.; that is, boiling point is not required for the cooking of eggs. A temperature above that at which eggs coagulate toughens, hardens and shrinks the proteins of the egg and renders them less easy of digestion.

SOFT-COOKED EGGS.

1. Boil water—a pint for 1 or 2 eggs; ½ c. extra for each additional egg.

2. Set back where water will keep hot; put in eggs, cover.

3. Let stand 4 to 6 mins. for one or two eggs; 5 to 8 mins. for several.

HARD-COOKED EGGS.

Method I.

1. Boil water—1 pint for 1 or 2 eggs; 1 c. extra for each additional egg.

2. Put in eggs; cover; set back and let stand where water will keep hot, 30 mins.

Method II.

1. Put eggs into cold water; heat slowly to boiling point; set back where water will keep hot; let stand 20 mins.

Note.—When hard-cooked eggs are to be used in garnishing, they should be plunged into cold water after cooking.

POACHED EGGS.

1. Have water, at least 1½ inches deep, boiling in shallow pan.
2. Break egg into saucer; carefully slip the egg into the water.
3. Cover; set back where water will keep hot.
4. Cook until white is firm and a film has formed over yolk.
5. Lift up with a skimmer; drain; serve.

SHIRRED EGGS.

1. Butter a ramikin; put in a layer of fine buttered crumbs.
2. Break an egg into a saucer; slip into ramikin.
3. Sprinkle lightly with salt; cover with seasoned, buttered crumbs.
4. Place in shallow pan of hot water; cook in moderate oven until white is firm.

BAKED EGGS WITH VEGETABLES.

1. Prepare mashed potatoes or cooked spinach, finely chopped and seasoned with butter, pepper and salt.
2. Place in a buttered casserole; smooth the top, then make a depression for each egg.
3. Break each egg into a saucer, then carefully slip into the hollow formed; season lightly.
4. Bake in a moderate oven until whites are set.

CREAMY EGG.

½	3 eggs.
½ T.	3 T. butter.
⅛ T.	¾ T. salt.
f.g.	f.g. pepper.
⅛ c.	⅔ c. milk.
½ slice.	Toast.

1. Beat eggs slightly; add butter, seasonings and milk.

2. Cook over hot water.

3. As the mixture coagulates around the sides and bottom, draw it away with spoon. Continue until all of mixture is cooked.

4. Serve on toast; garnish with parsley.

Note.—When properly cooked, this mixture should have the appearance of a firm custard, broken up. It should not be stirred continuously nor cooked too long.

FOAMY OMELET.

1	4 eggs.
⅛ T.	½ T. salt.
f.g.	f.g. pepper.
1 tb.	4 tb. milk.
½ T.	2 T. butter.

1. Beat yolks of eggs; add seasonings and milk.

2. Beat whites until stiff, but not dry.

3. Heat an omelet pan, put in butter; have sides and bottom of pan well buttered.

4. Cut and fold whites into yolk mixture.

5. Have pan very hot; turn in the omelet, spread evenly, reduce heat.

6. Cook slowly until omelet is set; place in moderate oven to dry slightly on top.

7. Fold; turn out; garnish and serve at once.

Note.—Finely chopped parsley may be folded into mixture.

VARIATIONS OF FOAMY OMELET

MEAT OR VEGETABLE OMELET.

1. Make as plain Foamy Omelet, folding in minced chicken, veal, ham, bacon or fish. Vegetables, as cooked peas or asparagus, may be added. Cook as Foamy Omelet; or

2. Make and cook Foamy Omelet and when folding enclose minced cooked meat or vegetables.

JELLY OMELET.

1. Omit pepper and one-half the salt from plain Foamy Omelet; add 1 tb. sugar.
2. When cooked, spread with jelly, jam or marmalade.
3. Fold, turn out, sprinkle with fruit sugar.

ORANGE OMELET.

1	3 eggs.
f.g.	¼ T. salt.
2 T.	2 tb. fruit sugar.
2 T.	2½ tb. orange juice.
¼ T.	1 T. lemon juice.
	½ T. orange rind, grated.
½T.	1 tb. butter.
	Orange sections.

1. Combine and cook as Foamy Omelet.
2. Fold, turn out, sprinkle with fruit sugar and garnish with orange sections.

CHEESE OMELET.

1. Make plain Foamy Omelet.
2. When cooked, sprinkle with grated cheese.
3. Fold, turn out, garnish and serve.

BREAD OMELET.

1	4 eggs.
2 tb.	½ c. stale bread crumbs.
2 tb.	½ c. milk.
⅛ T.	¾ T. salt.
f.g.	⅛ T. pepper.
½ T.	2 T. butter.

1. Add milk to bread crumbs; soak 10 mins.
2. Add beaten yolk and seasonings.
3. Finish as Foamy Omelet.

CREAM SAUCE OMELET.

¼ tb.	1 tb. flour.
⅛ T.	¼ T. salt.
f.g.	f.g. pepper.
¼ tb.	1 tb. butter.
⅛ c.	½ c. milk.
½	2 eggs.
½ T.	2 T. butter.

1. Cook first five ingredients as White Sauce.
2. Cool, add beaten yolks of eggs.
3. Finish as Foamy Omelet.

FRENCH OMELET.

1	4 eggs.
1 tb.	4 tb. milk.
⅛ T.	½ T. salt.
f.g.	⅛ T. pepper.
1 T.	1 tb. butter.

1. Beat eggs until yolk and white are well mixed.
2. Add seasonings and milk.
3. Have an omelet pan at low heat; put in butter.
4. When melted, turn in the mixture.
5. As it cooks, lift up with a broad knife to allow liquid to run underneath, until the whole mixture is lightly cooked.
6. Increase the heat to brown the omelet.
7. Fold, turn on hot platter; garnish and serve.

METHODS OF USING HARD-COOKED EGGS

JAPANESE EGGS.

½	3 eggs, hard-cooked.
1 tb.	½ c. rice.
⅓ c.	1 c. medium White or Tomato Sauce.
¼ T.	1 T. finely chopped parsley.

1. Cut eggs in halves, lengthwise.
2. Remove yolks, mash, add seasonings, butter and milk; refill whites with mixture. Keep hot for serving.
3. Cook rice, drain, dry; place on hot serving dish, making it level and about one and one-half inches thick.
4. Press halves of eggs into rice; pour sauce over rice; sprinkle with parsley; serve.

CURRIED EGGS.

½	3 hard-cooked eggs.
½ tb.	2 tb. flour.
f.g.	¼ T. salt.
f.g.	f.g. pepper.
⅛ T.	½ T. curry powder.
½ tb.	2 tb. butter.
¼ c.	1 c. milk.

1. Make sauce of flour, butter, milk and seasonings.

2. Cut eggs into quarters; place on serving dish or on toast.

3. Pour sauce over; garnish with toast points and parsley.

EGGS Á LA GOLDENROD.

½	3 hard-cooked eggs.
¼ c.	1 c. medium white sauce.
½ slice	3 slices toast.

1. Chop whites of eggs; add to sauce.
2. Reheat; pour over toast.
3. Press yolks through sieve; sprinkle over top.
4. Garnish with toast points and parsley.

ROYAL SCALLOP.

3 hard-cooked eggs.
1 c. flaked fish or meat, cut in cubes.
1½ c. buttered crumbs.
2 c. medium white sauce.

1. Butter a baking dish; put in one-quarter of crumbs.
2. Add a layer of eggs, chopped, and a layer of meat.
3. Cover with one-quarter of crumbs.
4. Repeat layer of eggs and layer of meat.
5. Add white sauce and cover with remaining crumbs.
6. Cook in moderate oven until crumbs are lightly browned.

Note.—Vegetables, as cooked peas and diced potatoes, may be used instead of meat.

NOTES

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CHAPTER VIII.

CHEESE

As in the case of eggs and meat, the cooking of cheese is important from the standpoint of temperature. The cooking should be carried only to the point of melting the cheese; beyond that, the proteins become tough and indigestible. All cheese dishes should be cooked at low temperature. Cheese should be combined with foods already cooked, or those requiring very short cooking. It should be kept in a cool, dry place, covered with oiled paper.

COTTAGE CHEESE.

1. Heat thick, sour milk or buttermilk slowly over hot water (not boiling) to 110°F.
2. When curds and whey have separated and whey is clear, drain in a cheesecloth; hang to drip.
3. When fairly dry, put curd into bowl, add salt and cream or salad dressing.
4. Mix to a paste; mould into a cake or balls.

Additions.—Finely chopped parsley, chopped walnuts, pimento, green pepper.

CHEESE SAUCE I.

2 tb.	1 c. bread crumbs.
¼ c.	1 c. milk.
½ T.	1 tb. butter.
1 tb.	½ c. grated cheese.
2 T.	1 egg.
⅛ T.	½ T. salt.
f.g.	f.g. cayenne.

1. Heat milk; add bread; soak 10 mins.
2. Reheat bread and milk in double boiler; add butter, cheese and seasonings.

3. Stir until cheese is melted; add egg, beaten slightly.
4. Cook a minute longer; serve on toast or crackers.

CHEESE SAUCE II.

1 T.	2 tb. flour.
f.g.	¼ T. salt.
f.g.	f.g. paprika or cayenne.
1 T.	2 tb. butter.
¼ c.	1 c. milk.
1 tb.	⅓ c. grated cheese.

1. Make white sauce.
2. Add cheese; stir until melted.
3. Pour over toast or crackers.

CHEESE FONDU.

¼ c.	2 c. bread, cut in ⅔" cubes.
1 tb.	1 c. grated cheese.
¼ c.	2 c. milk.
½ T.	2 tb. butter, melted.
⅛ T.	1 T. salt.
f.g.	f.g. cayenne.
1½ T.	2 eggs.

1. Butter a baking-dish; arrange cubes of bread and cheese in layers, having bread on top.
2. Beat eggs; add milk, butter and seasonings.
3. Pour over bread; let stand 20 mins.
4. Oven-poach until firm,—large amount, 35 to 40 mins.; individual, 20 mins.

CHEESE CUSTARD.

¼ c.	2 c. bread crumbs.
1 tb.	1 c. grated cheese.
¼ c.	2 c. hot milk.
½ T.	2 tb. butter, melted.
⅛ T.	1 T. salt.
f.g.	⅛ T. cayenne.
1½ T.	2 eggs.

1. Mix bread crumbs and cheese.
2. Add milk, butter and seasonings.
3. Add eggs, well beaten.
4. Turn into a buttered baking-dish; oven-poach until firm.

MACARONI AND CHEESE.

1 stick	12 sticks or 1 c. macaroni.
½ tb.	4 tb. flour.
⅛ T.	1 T. salt.
f.g.	f.g. pepper.
¼ tb.	2 tb. butter.
⅓ c.	2 c. milk.
2 tb.	1 c. grated cheese.
2 tb.	1 c. buttered crumbs.

1. Break macaroni into 1″ pieces; wash; cook in large amount of boiling, salted water.
2. When tender, drain in colander; pour cold water through.
3. Make white sauce; add macaroni and cheese.
4. Turn into buttered baking-dish; cover with crumbs; oven-poach until crumbs are browned.

NOODLES.

¼	1 egg.
Flour	Flour.

1. Beat egg; add flour to make stiff dough.
2. Knead until smooth and elastic.
3. Roll very thin; cut in strips; place on granite pan and dry in warming oven.
4. Keep in covered jar.

NOODLES AND CHEESE.

1. Cook 1 c. noodles in boiling salted water until tender drain in colander.
2. Make as Macaroni and Cheese.

Note.—2 c. cooked, cubed potatoes or 2 c. cooked rice may be used in the same way with cheese sauce.

CHEESE SOUFFLÉ I.

1 T.	3 tb. flour.
⅛ T.	½ T. salt.
f.g.	Cayenne.
1 T.	3 tb. butter.
1½ tb.	½ c. milk.
⅓	3 eggs.
1½ tb.	½ c. grated cheese.

1. Make thick white sauce of first five ingredients,

2. Remove from heat; add yolks of eggs, well-beaten, and cheese.

3. Chill; fold in whites beaten until stiff.

4. Turn into buttered baking dish or ramikins; oven-poach or steam over gently boiling water—individual amounts, 20 to 25 mins.; large amounts, 40 to 50 mins. Oven temperature,—275°F. increase to 325°F.

5. Serve at once.

Note.—Test a soufflé with a knitting needle—insert needle in centre; it comes out clean when soufflé is cooked.

CHEESE SOUFFLÉ II.

¼ c.	1 c. bread crumbs.
¼ c.	1 c. milk.
2 tb.	1 c. grated cheese.
½ T.	1 tb. butter.
f.g.	½ T. salt.
½	3 eggs.

1. Add milk to crumbs.

2. When bread is soft, add cheese, butter, salt and beaten yolks of egg.

3. Fold in whites, beaten until stiff.

4. Turn into buttered baking dish; oven-poach or steam over gently boiling water—individual amount, 20 to 25 mins.; large amount, 40 to 50 mins.

WELSH RAREBIT.

3 tb.	½ lb. cheese, grated.
¼ T.	½ T. mustard.
⅛ T.	½ T. salt.
f.g.	Cayenne.
½ T.	2 T. butter.
1 tb.	¼ c. top milk.
¼	1 egg.
½ slice.	Dry toast or wafers.

1. Place cheese in chafing-dish or double boiler.

2. Mix seasonings; sprinkle over cheese.

3. Add butter, in pieces, and milk.

4. When cheese begins to melt, stir until completely melted.

5. Add well-beaten egg; stir and cook a moment longer.
6. Serve, at once, on wafers or toast.

TOMATO RAREBIT.

¼ tb.	2 tb. butter.
¼ tb.	2 tb. flour.
1½ tb.	¾ c. top milk.
1½ tb.	¾ c. tomatoes, stewed and strained.
f.g.	⅛ T. soda.
3 tb.	2 c. grated cheese.
¼	2 eggs.
f.g.	¼ T. salt.
	¼ T. mustard.
	Cayenne.

1. Put butter in chafing-dish or double boiler.
2. When melted, add flour; mix well.
3. Add milk; stir and cook until thick.
4. Add tomatoes, mixed with soda; stir till smooth.
5. Add cheese, eggs and seasonings.
6. Stir until cheese is melted; serve at once on brown bread toast or wafers.

CHEESE STRAWS.

½ T.	1 tb. butter.
1¼ tb.	½ c. flour.
⅛ c.	¾ c. soft bread crumbs.
⅛ c.	¾ c. grated cheese.
f.g.	⅛ T. salt.
f.g.	f.g. cayenne.
½ tb.	3 tb. milk.

1. Cream the butter; add flour, crumbs, cheese and seasonings.
2. Mix thoroughly; add milk.
3. Roll ¼″ thick; cut in strips ¼″ wide and 5″ long.
4. Place on baking sheet; bake in moderate oven until lightly browned.

NOTES

CHAPTER IX.

SALADS

GENERAL RULES

1. Ingredients should be thoroughly chilled.

2. Salad plants and green vegetables should be clean, crisp and dry.

3. Ingredients should be cut in attractive shapes and in suitable sizes. If too large, they are not seasoned with the dressing, and if too small, are apt to break up and become compact.

4. Add enough dressing to season well, but not enough to make the salad too moist.

5. With the exception of parsley, serve garnishes such as may be eaten with the salad.

6. As a rule a better flavor results when foods are marinated with dressing and allowed to stand at least one hour before serving.

7. When more than one food is used, marinate separately; let stand to season, then combine just before serving.

8. If an oil dressing is used, a good flavor may be obtained by marinating the salad ingredients with French dressing; let stand to season; then use boiled dressing or mayonnaise, as desired, in combining the salad. This applies particularly to cooked vegetables, meat and fish.

Salad Greens are such vegetables as lettuce, watercress, gardencress, endive, chicory.

PREPARATION OF GREENS.

1. To freshen, place in cold water one to two hours, before using. If very wilted, add a few drops of vinegar to the water.

2. Wash carefully in plenty of cold water, being careful that no insects are left on the leaves.

3. Dry thoroughly by placing in or between towels and shaking gently.

4. To keep greens fresh, place in a damp cloth in refrigerator or place in a covered dish in a cold place.

GARNISHES.

1. Never garnish elaborately.
2. Whenever possible, use one of the ingredients of the salad in garnishing.
3. The appearance of almost all salads is improved by a careful arrangement on a bed of head lettuce or shredded leaves. Watercress and endive may also be used.
4. To make "curled celery," cut the celery stalk into small 2½" strips. Slash from each end of the strip to within ½" of the centre. Place in cold salted water to curl.
5. To make "radish roses," cut radish into six or eight sections to within one quarter inch of the bottom; leave stem and leaf on, place in cold water to open.

UNCOOKED VEGETABLE SALADS

When to serve—

1. Salad course at luncheon or dinner.
2. Main course at luncheon or supper.

PREPARATION OF VEGETABLES.

Cabbage.

1. Soak ½ hr. in cold salted water to freshen.
2. Cut in quarters and shred as finely as possible.
3. Dry between towels.

Celery.

1. Separate stalks; freshen in cold water.
2. Wash thoroughly, using vegetable brush.
3. If celery is to be diced, cut stalks in small lengthwise sections; lay 2 or 3 stalks together on a board and cut crosswise.

Note.—Small leaves and stalks may be used for garnishing; large leaves may be dried for soups.

Tomatoes.

1. Wash, cover with boiling water to loosen skins, plunge into cold water.
2. Cut out core and remove skin.

3. If tomato cup is to be used, do not scald or peel. Wash and cut slice from stem end, scoop out pulp; sprinkle inside with salt, invert to drain.

Cucumber.

1. Wash, pare, cut, as desired, and remove large seeds.

Dressings used with uncooked vegetable salads are French, boiled, cream, mayonnaise, and variations of these.

Basis.	Additions.	Garnishes.
Cabbage, shredded or finely chopped.	Celery, diced. Cucumber, diced. Pimento, chopped or cut in strips. Green pepper, chopped. Olives, chopped or sliced. Spanish onion, chopped. Blanched almonds.	Parsley. Cress. Radishes. Celery leaves. Pimento. Green pepper. Olives. Tart red jelly.
Celery.		
1. Chopped.	Nuts, chopped. Cabbage, shredded. Cucumber, diced. Apples. (See Fruit Salads).	Celery leaves. Curled celery. Radishes. Pimento. Green pepper.
2. Stuffed Celery.	Cream cheese, plain or with nuts, olives, pimento, minced ham or tongue.	" "
Cucumber.		
1. Cubes.	Celery, diced. Cabbage, shredded. Tomato, diced or in sections. Radishes, sliced or chopped. Spanish onion, chopped. Pimento, cut in strips.	" "
2. Cucumber Baskets. Cut in halves lengthwise; scoop out centre.	Green peppers, chopped. Fill centre with— Cucumber, diced. Tomato, diced. Celery, diced and mixed with salad dressing.	Parsley. Green pepper. Radish roses. Cress.
Tomato.		
1. Sliced.	Cucumber, sliced or in cubes. Celery, diced. Cabbage, shredded.	Parsley. Green pepper. Celery. Cress.
2. Pin wheel.	Onion, finely chopped. Cut tomato in eighths; arrange as a pin wheel on a mound of shredded lettuce.	"
3. Tomato Rose. (a) Peel and remove core. Cut upper third into eighths; press sections open.	Celery, cucumber or cabbage; mix with salad dressing and place in centre of tomato.	"
4. Stuffed Tomato. (See Preparation of Tomatoes.)	Celery, diced. Cucumber, diced. Chicken, veal or ham, cubes. Cheese cubes. Mix (separately or combined) with salad dressing and fill tomato cup	"

COOKED VEGETABLE SALADS

GENERAL RULES.

1. Left-over vegetables may be used.
2. If canned vegetables are used, remove from tin as soon as opened, rinse and drain.
3. A better flavor is obtained by marinating vegetables separately; drain and combine just before serving.
4. Serve with French, boiled or mayonnaise dressing.

When to serve—

1. With meat course at luncheon or supper.
2. As salad course at dinner. Exceptions are such salads as potato and lima bean.

Basis.	Additions.	Garnishes.
Asparagus.		
Pile 3 or 4 asparagus stalks on lettuce.	Surround with a band of pimento, green pepper or cucumber.	Pimento. Green pepper. Parsley. Cress. Radishes.
Beets.		
1. Cubed, sliced or chopped.	Celery, diced. Peas. Cucumbers, diced. Cabbage, shredded.	Celery. Parsley. Cress. Hard-cooked eggs.
2. Beet Cups.—Scoop out centre; cut slice from bottom to make flat.	Fill cup with cabbage, shredded, string beans diced, walnuts chopped.	" "
Carrots.		
Diced, in slices, or in strips.	Peas. Potatoes, diced. Celery, diced. String beans, in strips. Cabbage, shredded. Cauliflower, in sections.	Parsley. Celery. Green pepper. Asparagus tips.
Cauliflower.		
Flowerets separated into sections.	Green pepper, chopped. Pimento, strips. Peas. Almonds, blanched and cut in strips.	Pimento. Green pepper. Radish roses. Carrots, strips. Beet, strips. Paprika. Parsley or cress.
Lima Beans.		
Cooked and left whole.	Celery, diced. Pimento. Tomatoes, sliced.	Parsley or cress. Pimento.
Potato.		
Cut in ⅓" cubes.	Green onions, chopped. Chives, cut fine. Green pepper. Pimento. Capers. Gherkins. Peanuts. Peas. Celery, celery seed or celery salt.	Parsley or cress. Pimento. Green pepper. Hard-cooked egg. Beets. Tomato sections.
String Beans.		
Cut in 1" pieces or in diamond shape.	Celery, carrot, potatoes or peas, radish straws.	" "
Macedoine Salad.		
Combination of cooked vegetables, as potatoes, carrots, peas, string beans, cauliflower.	Celery, diced. Cabbage, cooked. Macaroni, cooked in 1" pieces.	" "

EGG SALADS

When to serve—

1. As main course at luncheon or supper.

Basis.	Additions.	Garnishes.
1. Stuffed Eggs.		
(a) Cut egg in halves; remove yolk.	Celery, finely chopped.	Parsley or cress.
	Ham, finely chopped.	Olives.
(b) Mash yolk; mix with salad dressing.	Chicken or veal, finely chopped.	Celery.
	Gherkins. " "	Serve on thick slices of tomato.
	Olives. " "	
	Nuts. " "	
2. Marguerite Salad.		
1. Cut egg in halves lengthwise.	Marinate lettuce with dressing; serve mayonnaise separately.	Use yolk as centre of daisy.
2. Remove yolk and put through sieve.		
3. Cut white in strips.		
4. Arrange white as petals on mound of lettuce.		
3. Pinwheel Salad.		
(a) Cut egg in eighths lengthwise.	Tomato eighths; arrange alternately with the egg.	Parsley or cress.
(b) Arrange as pinwheel on mound of lettuce.		Green pepper.

CHEESE SALADS

When to serve—

1. As main course at luncheon or supper.

Use Cream Cheese or Canadian Cheese, grated.

Basis.	Additions.	Garnishes.
1. Cheese Balls.		
(a) Moisten cheese with salad dressing.	Nuts.	Parsley or cress.
	Olives.	Celery.
(b) Shape into balls.	Parsley.	Green pepper.
	Pimento.	Pimento.
		Nuts, whole or chopped
2. Shamrock Salad.		
(a) Wash green pepper.	Pimento.	Serve on lettuce, cress or endive.
(b) Cut thin slice from stem end; remove seeds and tongue.	Nuts.	
	Olives.	
(c) Pack with cheese mixed with salad dressing.		
(d) Chill; slice with sharp knife.		

Note—For cheese used as an addition to fruits, see Fruit Salads.

MEAT AND FISH SALADS

These salads are improved if the meat or fish is marinated with French dressing and allowed to stand some time before combining in the salad.

Dressings used are French, mayonnaise, boiled, cream.

When to serve.—As main course at luncheon or supper.

Basis.	Additions.	Garnishes.
Veal, Chicken or Turkey.		
1. Remove skin and bone.	Celery, diced.	Celery, leaves and stalks.
2. Cut into ⅓" to ½" cubes.	Olives, chopped.	Radishes.
	Green pepper, chopped.	Pimento.
	Peas.	Green peppers.
	String beans.	Olives.
	Cucumbers.	Beets.
	Gherkins.	Parsley or cress.
	Capers.	
Salmon.		
1. If canned, drain off liquid.	Celery, diced.	Celery.
2. Remove skin and bones.	Peas.	Parsley or cress.
3. Serve on lettuce or pack in moistened mould, then turn out on lettuce.	Potatoes, diced.	Gherkins.
	Hard-cooked eggs, chopped.	Olives.
	Cabbage, shredded.	Hard-cooked egg.
	Olives, gherkins, cucumber.	
Shrimp.		
1. Drain, rinse in cold water; drain.	Celery, diced.	Whole shrimps.
2. Dry, and remove intestinal vein which lies in groove along the back.	Peas.	Parsley or cress.
	Asparagus.	Celery.
	Cucumbers.	Asparagus tips.
		Green pepper strips.
3. Leave whole or break into 3 or 4 pieces.		
Tuna Fish and White Fish.		
1. Remove skin and bone.	Celery, diced.	Celery.
2. Break into small pieces.	Pimento strips.	Parsley or cress.
	Green pepper strips.	Radishes.
	Olives.	Pimento.
	Gherkins.	Green pepper.
		Hard-cooked eggs.
Lobster.		
1. Remove bones; cut meat in cubes.	Celery, diced.	Lobster claws.
	Peas.	Celery tips.
		Peas.
		Parsley or cress.

FRUIT SALADS

When to serve—

1. Salad course at luncheon, supper or dinner.
2. Dessert course at luncheon, supper or dinner.

Salad Course.—Combine with French, boiled, mayonnaise or cream dressing and arrange on lettuce.

Dessert Course.—Combine with sweet salad dressing or fruit sugar. Serve in fruit glasses and top with whipped cream.

Basis.	Additions.	Garnishes
Apple.		
Waldorf Salad.	Nuts.	Celery tips and curled celery.
1. Cut apple in cubes.	Dates, stoned, cut in strips.	
2. Combine with diced celery and cream dressing.	Banana, diced. Cheese balls.	Salad may be served in apple cups.
Apple Straws.		
1. Cut into straws 2" to 3" long, and a little wider than matches. Serve with cream dressing.	Almonds. Celery. Dates.	Cherries. Nuts. Cocoanut.
Banana.		
1. Cut in halves, lengthwise, or cut in three crosswise pieces. Dip pieces in dressing, then roll in chopped nuts.	Nuts. Cocoanut. Dates.	Serve on lettuce, garnished with parsley and nuts.
2. Diced or sliced.	Orange, cut in cubes. Grapes. Grapefruit. Pineapple cubes.	Candied cherries. Mint leaves.
Dates.		
1. Stuffed—remove stone, fill with cream or cottage cheese.	Fresh or canned pineapple, diced. Banana, diced. Nuts. Cherries.	Serve on lettuce or in glasses; garnish with nuts, cherries, cress.
2. Diced or cut in ⅛" strips.	Orange, diced. Pineapple. Cocoanut.	Serve with sweet dressing, in glasses.
Orange.		
1. Sliced—		
(a) Cut orange into ¼" to ½" slices.	Celery, chopped. Nuts.	Parsley or cress.
(b) Arrange slices overlapping on a mound of lettuce.	Cherries.	Nuts.
2. Diced.		
Cut orange into ½" dice.	Grapefruit, diced. Apple or pear, diced. Nuts, chopped.	Serve in orange cup or in glasses; garnish with nuts or whipped cream; or serve with French dressing on lettuce.
Pears, Plums or Peaches.		
Fresh or canned, cut in halves.	Nuts, chopped or whole. Cheese balls. Stuffed dates. Stuffed prunes.	Whipped cream. Cherries. Serve in glasses with sweet dressing or on lettuce with fruit meringue.
Pineapple.		
1. Sliced.	Cottage cheese. Cream cheese. Nuts. Cherries. Stuffed dates. Stuffed prunes.	Cherries. Strawberries. Pimento. Parsley or cress. Serve with fruit meringue.

PREPARATION OF FRUITS

APPLES.

To prevent discoloring before serving, sprinkle with lemon juice or cover with cold water to which lemon juice has been added.

BANANA.

1. Peel and scrape to render more digestible.
2. Sprinkle with lemon juice, to prevent discoloring and to flavor.

GRAPEFRUIT, ORANGE.

1. Cut skin in 5 or 6 sections.
2. Peel, removing all white fibre.
3. If separated into sections, remove completely the skin covering each section; or
4. Cut fruit in halves; cut around each section, then lift out with spoon.

MOULDED SALADS

MOULDED SALMON.

½ T.	½ tb. salt.
½ T.	½ tb. mustard.
1 T.	1 tb. sugar.
1½ tb.	2 eggs or 3 yolks.
3 tb.	¾ c. sweet milk or cream.
1 tb.	¼ c. vinegar.
¾ T.	1½ tb. gelatine.
2 T.	¼ c. cold water.
1½ tb.	1 can salmon, 1 lb.

1. Make salad dressing of first six ingredients.
2. Soften gelatine in cold water; dissolve in hot dressing, stirring constantly; strain.
3. Add salmon; turn into moistened mould.
4. Chill; unmould on bed of lettuce.
5. Garnish with parsley and hard-cooked eggs or olives; serve with salad dressing.

Additions.—Peas, hard-cooked egg, diced celery, gherkins.

TOMATO JELLY.

1T.	1⅓ tb. gelatine.
1 tb.	⅓ c. cold water.
⅓ c.	2½ c. tomatoes.
2 tbs.	¼ c. water.
Piece	1 bay leaf.
½ T.	1 slice onion.
	⅛ T. dried celery leaves.
1	4 cloves.
1	4 pepper berries.
⅛ T.	1 T. sugar.
⅙ T.	1½ T. salt.
¼ T.	2 T. lemon juice.

1. Soften gelatine in cold water.
2. Simmer next 8 ingredients 20 mins.; add lemon juice.
3. Pour over softened gelatine, stir till gelatine is dissolved; press through a sieve (there should be 2 c.); individual ⅓c.
4. Pour into moistened moulds; chill.
5. Unmould on lettuce.

Additions.—When mixture is partially set, add chopped parsley, hard-cooked egg, peas, diced celery or sliced, stuffed olives.

Jelly may be moulded in a shallow mould, then cut in shapes for garnishing.

PERFECTION SALAD.

1 tb.	½ c. dilute vinegar.
¼ c.	2 c. boiling water.
⅛ T.	1 T. salt.
1 tb.	½ c. sugar.
1 T.	2 tb. gelatine.
1 tb.	½ c. cold water.
½ T.	Juice of 1 lemon.
1 tb.	1 c. cabbage, shredded finely.
1½ tb.	2 c. celery, diced.
1 T.	⅛ c. sweet red pepper.

1. Mix boiling water, vinegar, salt and sugar; heat to boiling point.
2. Soften gelatine in cold water; dissolve in boiling liquid.
3. Add lemon juice; strain, chill, stirring occasionally.
4. When slightly thickened add vegetables.

5. Turn into moistened moulds; chill.

Note.—The jelly mixture of this salad may be used for moulding other vegetables, as asparagus and pimento, beets and celery, carrots and peas. Vegetable stock may be used as part of the liquid in the jelly.

KENTUCKY SALAD.

1 tb.	¼ c. boiling water.
1 tb.	¼ c. sugar.
1 tb.	¼ c. dilute vinegar.
f.g.	f.g. salt.
¾ T.	1½ tb. gelatine.
1 tb.	¼ c. cold water.
1 T.	1 tb. lemon juice.
1 T.	1 tb. tarragon vinegar.
2⅔ tb.	⅔ c. pineapple syrup.
1 tb.	½ c. chopped cucumber.
1 tb.	½ c. cooked pineapple (2 slices).

1. Mix boiling water, sugar, vinegar and salt; heat to boiling point.

2. Soften gelatine in cold water, dissolve in hot liquid, stirring constantly.

3. Add lemon juice, tarragon vinegar and pineapple syrup.

4. Strain, cool, stirring occasionally.

5. When mixture begins to thicken, add cucumber and pineapple.

6. Pour into moistened moulds; chill.

FRUIT AND GINGER ALE SALAD.

1½ tb. gelatine.
2 tb. cold water.
⅓ c. boiling water.
¼ c. lemon juice.
2 tb. sugar.
1 c. ginger ale.
¼ c. ginger syrup.
⅓ c. malaga grapes, cut and seeded.
⅓ c. celery, diced.
⅓ c. apples, diced.
¼ c. canned pineapple, diced.
⅛ c. preserved ginger, cut fine.

1. Soften gelatine in cold water.
2. Mix boiling water, sugar and ginger syrup; heat to boiling, pour over gelatine.
3. Add lemon juice, strain, add ginger ale.
4. Chill, stirring occasionally.
5. When mixture begins to thicken add fruit.
6. Turn into moistened moulds; chill.
7. Serve with Cream Mayonnaise.

Note.—Pineapple juice may be used in place of ginger syrup; grapes may be omitted and pineapple increased.

Moulded salads are attractive if a ring mould is used and the centre filled with salad dressing.

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CHAPTER X.

SALAD DRESSINGS

GENERAL RULES

1. A salad dressing should present a good combination of flavors, with no one flavor strongly predominating.

2. Vinegar should be diluted to taste before using. In the recipes which follow, the amount stated is for diluted vinegar.

3. A flavored vinegar, as tarragon, may be used, or the spiced vinegar from sweet pickles.

FRENCH DRESSING.

½ T. salt.
¼ T. pepper.
4 tb. vinegar or lemon juice.
4 tb. salad oil.

1. Combine ingredients; shake in a bottle or stir until well blended.

Additions.—

1. ½ T. finely chopped parsley.
 ½ tb. each green and sweet red peppers, chopped.
 Few drops of onion juice.
2. 2 tb. chili sauce or catsup.
3. 3 tb. Roquefort cheese rubbed to a paste with
 2 tb. cream and 1 tb. pimento pulp.
 1 tb. chili sauce.
 ½ T. chopped chives.
4. 2 hard-cooked eggs, chopped.
 1 tb. pimento, rubbed through a sieve.
 1 sweet green pepper, finely chopped.
 1 tb. chili sauce or catsup.
 ½ T. paprika.

BOILED DRESSING.

⅛ T.	½ T. salt.
¼ T.	1 T. mustard.
f.g.	f.g. cayenne.
¾ T.	1 tb. sugar.
1 T.	1 tb. flour.
½ yolk	1 egg or 2 yolks.
¾ T.	1 tb. butter.
2 tb.	½ c. milk.
1 tb.	¼ c. vinegar.

1. Mix dry ingredients in upper part of double boiler.

2. Add egg, well beaten and milk.

3. Add vinegar slowly; cook over boiling water, stirring constantly until thick.

4. Remove from heat; add butter; strain and cool.

FOUNDATION DRESSING.

1. Make as Boiled Dressing, substituting for the milk ¼ c. hot water.

2. Thin, before using, with milk, olive oil or mazola, cream, plain or whipped. Sour cream may be used.

FRUIT MERINGUE.

3 tb. sugar.
2 tb. flour.
2 eggs.
2 tb. vinegar.
1 lemon, juice and grated rind.
Juice of 1 can of pineapple (1 c.).
1 c. cream, whipped.

1. Mix sugar and flour in upper part of double boiler.

2. Add beaten eggs, vinegar, fruit juice and grated rind.

3. Cook over gently boiling water, stirring constantly, until thick.

4. Chill; just before serving fold in 1 c. cream, whipped; 1 c. marshmallows, cut in pieces, and ⅓ c. chopped nuts may be added.

Note.—Other fruit juice, as from canned pears, may be used; more lemon juice may be required.

FRUIT DRESSING.

¼ c. pineapple syrup.
¼ c. orange juice.
2 tb. lemon juice.
⅛ T. salt.
2 eggs.
⅓ c. sugar.

1 Add salt and half of the sugar to beaten yolks of eggs.

2. Heat fruit juices; add to egg mixture.

3. Cook over hot water, stirring constantly, until thick.

4. Beat whites of eggs stiff; add remaining sugar; beat 1 min.

5. Just before removing cooked mixture from heat, add whites; fold in carefully; chill.

MAYONNAISE DRESSING.

⅛ T.	1 T. mustard.
⅛ T.	½ T. salt.
⅛ T.	1 T. fruit sugar.
f.g.	f.g. cayenne.
⅛ c.	1 c. salad oil.
1 T.	2 tb. lemon juice or vinegar.
½ yolk	1 yolk of egg or 1 whole egg.

1. Mix dry ingredients.

2. Add yolk of egg; beat thoroughly, using a Dover beater or wooden spoon.

3. Add a few drops of oil; beat thoroughly; add few drops of lemon juice or vinegar.

4. Continue until lemon juice and about one-half of the oil have been added; add remaining oil in larger quantities.

Notes.—1. Ingredients should be cool.

2. If the dressing curdles, add it gradually to a beaten yolk of egg. Beat with a Dover beater.

3. Beaten white of egg may be folded in just before serving.

MODIFIED MAYONNAISE.

4 tb. flour.
1½ T. salt.
½ T. mustard.
¼ T. paprika.
f.g. cayenne.
¼ c. vinegar or lemon juice.
1 c. boiling water.
1 egg yolk.
2 c. salad oil.

1. Mix dry ingredients; add vinegar or lemon juice, 2 tb. oil and boiling water.
2. Cook until thick, stirring constantly; cool.
3. Add yolk of egg, beat well; add oil and mix thoroughly. This dressing is not as strongly flavored with oil as Mayonnaise.

Variations—

CREAM MAYONNAISE.

To Mayonnaise Dressing, add whipped cream; fold in until well blended.

This dressing should be used the same day as made.

THOUSAND ISLAND DRESSING.

1 c. mayonnaise dressing.
2 tb. chili sauce.
2 tb. catsup.
2 tb. finely chopped pimento.
2 eggs, hard-cooked and cut in small pieces.
2 tb. chopped gherkins or olives.
½ c. cream, whipped.

1. Combine all ingredients except cream.
2. Chill thoroughly and just before serving fold in whipped cream.

RED DRESSING.

1 c. mayonnaise dressing.
2 tb. pimento, pressed through sieve.
1 tb. sweet green pepper, chopped.
2 tb. chili sauce or catsup.
¼ T. paprika.

1. Combine ingredients; chill.
2. Serve on head lettuce.

NOTES

CHAPTER XI.

SANDWICHES

GENERAL RULES

1. The bread used in making sandwiches should be a day old and of fine, even texture.

2. Use white or any kind of brown bread, alone or in combination.

3. Sandwiches may be made with or without the crust; for formal occasions, remove the crusts; this should always be done before bread is buttered.

4. Soften the butter by creaming.

5. To keep sandwiches fresh, wrap in waxed paper, then in a dampened table napkin or towel.

6. Sandwiches may be made as closed, open or rolled sandwiches.

Closed sandwiches are made by placing filling between two slices of buttered bread.

VEGETABLE FILLINGS.

Cucumber—

1. Cut cucumber in thin slices; remove large seeds.

2. Cover with dilute vinegar to which a little salt has been added; let stand ½ hour; drain.

3. Place on buttered bread; spread with salad dressing; cover with buttered bread.

Additions.—Lettuce; thin tomato slices; chopped celery.

Lettuce—

1. Use crisp leaves of lettuce, well dried.

2. Spread salad dressing on buttered bread; place lettuce between slices.

Tomato—

1. Peel and cut tomato into thin slices.
2. Remove seeds; season.
3. Spread salad dressing on buttered bread, cut a little thicker than for other sandwiches. Place tomato between slices. Tomato may be dipped in French dressing and placed between buttered bread.

Additions.—Lettuce, olives.

FRUIT AND NUT FILLINGS.

Olives—

1. Chop stuffed or plain ripe or green olives.
2. Mix with salad dressing.

Additions.—Cheese, nuts, chicken, veal.

Nuts—

1. Chop walnuts, almonds, pecans or peanuts very finely.
2. Combine with salad dressing.

Additions.—Cheese, pimento, olives, green pepper, raisins.

Dates—

1. Chop dates finely; moisten with cream or a mild salad dressing.

Additions.—Nuts, raisins, figs, preserved ginger.

Raisins—

1. Use seeded raisins or other raisins soaked 15 mins. in hot water.
2. Chop finely; mix with salad dressing.

Additions.—Nuts, preserved ginger, chopped pineapple.

Marmalade, jelly and jam may be used as sandwich filling.

MEAT FILLINGS.

Chicken or Veal—

1. Mince cooked chicken or veal finely.
2. Season; add salad dressing to moisten.

3. Spread between thin slices of buttered bread.

Additions.—Finely chopped celery, crisp lettuce leaves, chopped olives, green pepper or pickles.

Ham I.—

1. Slice ham very thin; place between thin slices of buttered bread.
2. Season with mixed mustard or salad dressing.

Ham II.—

1. Mince ham; add finely chopped mustard pickles and salad dressing to moisten.
2. Mix to a paste; spread between buttered bread.

OPEN SANDWICHES.

1. Cut brown or white bread ¼″ thick.
2. Remove crust and cut in fancy shapes.
3. Spread with cream cheese mixed to a paste with cream or salad dressing; a fish paste may be used.
4. Dip in finely chopped nuts; garnish with cress, or parsley and pimento, olives or radish slices.

ROLLED SANDWICHES.

1. Cut fresh bread in as thin slices as possible; remove crusts.
2. Spread with butter; place a small bunch of cress at each end of the bread, extending a little beyond the edge.
3. Roll closely.

Additions.—Cheese, chopped olives, chopped nuts.

RIBBON SANDWICHES.

1. Cut one ¾″ slice of white bread and two slices of brown.
2. Spread both sides of white bread with butter.
3. Press slices together, with white bread in the centre.
4. Cut down in thin slices.

Additions.—Cheese, pimento, green pepper, nuts, olives, gherkins, finely chopped and moistened with salad dressing.

TOASTED SANDWICHES.

1. Prepare cheese or marmalade sandwiches, flat or rolled.
2. Toast and serve at once.

CLUB SANDWICHES.

1. Cut 3 slices of stale bread ⅓″ thick; remove crusts.
2. Toast; spread with butter.
3. Place between slices thin pieces of chicken and thin strips of broiled bacon; season; spread with mayonnaise or boiled dressing; cover with thin slices of tomato and lettuce leaves; spread with salad dressing.
4. Cover with third slice of toast.
5. Place on lettuce; cut across from corner to corner; garnish with sweet pickles or olives; serve at once.

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CHAPTER XII

FOODS COOKED IN DEEP FAT

As foods cooked in fat (sautéd or fried) so often are unwholesome because of the absorption of fat, special precautions should be followed.

GENERAL RULES

I. *Choice of Fat.*—It is necessary to use a soft fat which will drain from the food before cooling; use lard or one-half lard and one-half suet; or a lard substitute; clarified beef dripping; a good cooking oil, as olive oil or mazola.

II. *Temperature of Fat.*—Use a thermometer or test with a small cube of bread; count the time required to brown the bread.

(a) For food already cooked and for oysters the bread should brown in 40 secs.,—390°F.

(b) For uncooked foods, the bread should brown in 60 secs.,—365°F.

III. *Care of Fat.*—After using, cool the fat a little, strain through cheesecloth; cover when cold and keep in a cool place. It should be possible to use the fat several times. To clarify fat—cook several slices of raw potato in the fat until crisp and fat is still; cool and strain.

IV. *Preparation of Food.*—It is necessary that a crust form on the outside of the food to prevent fat being absorbed. Therefore, the food should contain egg or should be coated with crumbs and egg or a batter. Lower the food into the kettle with a wire egg-beater or use a frying basket. When cooked, lift out; drain on unglazed paper in warming oven.

V. *Rendering of Fat.*—Cut fat into pieces, discarding coarse skin; put into kettle, cover with cold water; heat

slowly uncovered; when water is nearly all evaporated, reduce the heat; when skin is shrivelled and the fat is still, drain through a double cheesecloth; cool, cover, keep in a cold place.

VI. *Preparation of Crumbs.*—Dry pieces of stale bread in warming oven until crisp; put through meat chopper or roll fine; sift.

CODFISH BALLS.

¼ c.	1 c. salt codfish.
½ c.	2½ c. potatoes.
2 T.	1 egg.
½ T.	½ tb. butter.
f.g.	⅛ T. pepper.

1. Wash the codfish, break in small pieces; cover with cold water; heat gradually to simmering, keep at that temperature 30 mins.; drain.

2. Cook potatoes, drain, mash.

3. Add fish; mix thoroughly.

4. Add beaten egg, butter, pepper, and salt if needed.

5. Beat until light; drop by spoonfuls into fat which browns a cube of bread in 40 secs.—390°F.

6. Cook to golden brown; drain; garnish and serve with White or Tomato Sauce.

POTATO CROQUETTES.

⅓ c.	2 c. hot riced potatoes.
1 T.	2 tb. butter.
1/16 T.	¼ T. grated onion.
⅛ T.	½ T. salt.
f.g.	⅛ T. pepper.
f.g.	¼ T. celery salt.
¼ T.	1 T. chopped parsley.
½ T.	1 yolk of egg.

1. Mix all together, beat thoroughly; cool.

2. Shape in cylinders; roll in crumbs, egg and crumbs; fry in deep fat.

3. Drain, garnish and serve.

POTATO APPLES.

⅓ c.	2 c. hot riced potatoes.
1 T.	2 tb. butter.
1 tb.	⅓ c. grated cheese.
⅛ T.	½ T. salt.
f.g.	f.g. cayenne.
f.g.	Few gratings nutmeg.
1 T.	2 tb. milk.
1 T.	2 yolks of eggs.

1. Mix all together, beat thoroughly, cool.
2. Shape as small apples; roll in crumbs, egg and crumbs; fry in deep fat.
3. Drain, garnish and serve.

SALMON CROQUETTES.

2 tb.	1 c. hot mashed potatoes.
2 tb.	1 c. flaked salmon.
⅛ T.	½ T. lemon juice.
⅛ T.	1 T. chopped parsley.
f.g.	½ T. salt.
f.g.	⅛ T. pepper.
½ T.	1 yolk of egg.

1. Combine ingredients; chill.
2. Shape, roll in crumbs, egg and crumbs.
3. Fry in deep fat.
4. Drain; garnish, serve with Drawn Butter Sauce.

RICE CROQUETTES.

⅓ c.	2 c. cooked rice.
1 T.	2 to 3 tb. milk.
1 T.	2 tb. butter.
⅛ T.	½ T. salt.
f.g.	f.g. cayenne.
2 T.	1 egg.
1 T.	2 tb. chopped parsley.

1. Reheat rice in double boiler with enough milk to soften.
2. Add butter, seasonings and beaten egg.
3. Cook until egg thickens; add parsley.
4. Spread on a plate to cool.
5. Shape as rolls; dip in crumbs, egg and crumbs.
6. Fry in deep fat.

SWEET RICE CROQUETTES.

1. Omit pepper and parsley from rice croquettes; add ⅓ c. sugar and ⅛ T. nutmeg.
2. Shape; roll in crumbs, egg and crumbs and fry in deep fat.

Note.—A cube of jelly may be moulded in centre of croquette or shape croquette as a nest and serve with jelly.

VEAL OR CHICKEN CROQUETTES.

2 tb.	2 c. cooked veal or chicken, minced.
3 drops	⅛ T. grated onion.
⅛ T.	1 T. lemon juice.
¼ T.	½ tb. chopped parsley.
f.g.	¼ T. salt.
⅓ tb.	2 tb. butter.
⅔ tb.	4 tb. flour.
f.g.	½ T. salt.
f.g.	⅛ T. pepper.
f.g.	½ T. celery salt.
	f.g. cayenne.
2 tb.	1 c. milk.

1. Add seasonings to meat.
2. Make thick white sauce; add meat.
3. Spread on plate to cool; shape as pyramids.
4. Roll in crumbs, egg and crumbs.
5. Fry in deep fat; drain, garnish and serve.

Fish Croquettes may be made in the same way. If canned salmon is used, it should be well drained from liquid.

BEEF OR LAMB CROQUETTES.

2 tb.	2 c. cooked beef or lamb, minced.
4 drops	¼ T. grated onion.
¼ T.	½ tb. chopped parsley.
3 drops	½ T. Worcestershire sauce.
f.g.	¼ T. salt.
½ tb.	3 tb. beef dripping.
1 tb.	⅓ c. flour.
f.g.	½ T. salt.
f.g.	⅛ T. pepper.
	f.g. cayenne.
2 tb.	1 c. brown stock.

1. Add seasonings to meat.
2. Make a brown sauce of remaining ingredients, add meat.
3. Finish as Veal Croquettes.

CHICKEN CUTLETS.

2 c. cooked chicken, minced.
½ c. mushrooms, cut fine.
2 tb. butter.
4 tb. flour.
½ T. salt.
f.g. cayenne.
Few gratings nutmeg.
¼ T. onion juice.
1 c. chicken stock or milk.
2 yolks of eggs.

1. Make white sauce; add yolks of eggs, beaten; stir and cook 1 minute.
2. Remove from heat; add chicken and mushrooms.
3. Chill; shape as cutlets; roll in crumbs, egg and crumbs; fry in deep fat.
4. Garnish; serve with Mushroom or Oyster Sauce.

Note.—¼ c. oysters may be used instead of mushrooms. Cook oysters, drain and cut fine.

LOBSTER CUTLETS.

1. Make as Chicken Cutlets, omitting mushrooms and onion juice; add 1 T. lemon juice and use milk in sauce.
2. Serve with Sauce Tartare.

FRITTER BATTER.

1 c. flour.
1½ T. baking powder.
¼ T. salt.
1 tb. fruit sugar.
⅓ c. milk.
1 egg.
½ tb. butter, melted.

1. Mix and sift dry ingredients.
2. Add milk, beaten egg and butter.

APPLE FRITTERS I.

1. Wipe, quarter, core and pare 2 medium-sized apples; cut into small pieces.
2. Stir into batter.
3. Drop by spoonfuls in deep fat which browns a cube of bread in 60 secs.—365°F.
4. When cooked, drain on unglazed paper.
5. Sprinkle with powdered sugar and serve.

APPLE FRITTERS II.

1. Wipe apples; core, pare and cut in ¼″ slices.
2. Sprinkle with fruit sugar and a few drops of lemon juice; cover; let stand 20 mins.
3. Drain thoroughly; dip slices in batter.
4. Fry in deep fat at 365°F. Drain.
5. Arrange in circle on folded napkin; serve with Hard Sauce or Lemon Syrup.

BANANA FRITTERS.

4 bananas.
Fruit sugar.
1 tb. lemon juice.
Fritter batter.

1. Remove skins from bananas; scrape, cut in quarters.
2. Sprinkle with sugar and lemon juice; cover, let stand 20 mins.
3. Drain thoroughly; dip in batter; fry in deep fat; drain.
4. Sprinkle with fruit sugar and serve.

FRUIT FRITTERS.

Other fruits, as fresh strawberries, peaches and oranges, may be dipped in batter and fried as fritters.

QUEEN FRITTERS.

2 T.	3 tb. butter.
¼ c.	1 c. boiling water.
¼ c.	1 c. flour.
1½ tb.	3 eggs.

1. Have water boiling in saucepan; add butter.
2. When boiling, add flour all at once, stir quickly until mixture leaves sides of saucepan.

3. Remove from heat; chill.
4. Add unbeaten eggs, one at a time; beat until smooth after each egg has been added.
5. Drop by small spoonfuls, into fat which browns a cube of bread in 70 secs.—355° F.
6. Cook until very light; drain.
7. Make an opening in side; fill with jelly or fruit, sprinkle with powdered sugar.
8. Serve on folded napkin.

SWEDISH TIMBALES.

½ c. flour.
⅛ T. salt.
½ T. fruit sugar.
⅓ c. milk.
1 egg.
1 T. olive oil or melted butter.

1. Mix and sift flour, salt and sugar.
2. Beat egg, add milk; add gradually to flour.
3. Add the oil; mix thoroughly.
4. Pour batter into a cup.
5. Have fat hot enough to brown a cube of bread in 60 secs.—365°F. Heat timbale iron in the fat.
6. When iron is hot, wipe off fat with cheesecloth or tissue paper.
7. Dip iron into batter to three-fourths its height.
8. Lower into fat; cook to golden brown.
9. Remove from iron, drain.
10. Garnish by dipping edges into slightly beaten white of egg, then into very finely chopped parsley.
11. Fill with creamed chicken, sweetbreads, asparagus, etc.

FRIED OYSTERS.

1. Select large oysters; remove pieces of shell; drain from liquid; wash and dry.
2. Season with salt and pepper.
3. Dip in fine bread crumbs, egg and crumbs.
4. Cook 1 minute in deep fat which browns a cube of bread in 40 secs.—390°F.
5. Drain; garnish; serve with Tomato or Sauce Tartare.

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CHAPTER XIII

FRUITS

APPLE SAUCE.

1 small	8 apples.
2 tb.	⅔ c. water.
1 tb.	½ c. sugar.
½ T.	1 tb. lemon juice or
f.g.	¼ T. cinnamon or
f.g.	Few gratings nutmeg.

1. Wipe, quarter, core and pare apples.
2. Add water; cook until apples are soft.
3. Add sugar; stir and cook until dissolved.
4. Add flavoring.

Sauce may be pressed through a sieve.

APPLE COMPÔTE.

½	8 apples.
2 tb.	1 c. sugar.
⅓ c.	1½c. water.
Piece	Thin shavings of ¼ lemon rind.
⅓ T.	1 tb. lemon juice.

1. Wipe, quarter, core and pare apples; cut in eighths.
2. Make syrup of sugar, water, lemon rind; boil 5 mins.
3. Remove lemon; put in half of apples.
4. Cover, cook slowly until clear; lift out carefully to serving dish.
5. Cook remaining apples; add lemon juice to syrup and strain over apples.

WHOLE APPLE COMPÔTE.

1. Prepare syrup as for Apple Compôte.
2. Wipe, core and pare apples.
3. Place in syrup in shallow saucepan.

4. Cover and cook slowly until soft; lift out carefully to serving dish.

5. Centres may be filled with jelly; pour syrup around the apples.

BLUSHING APPLES.

1. Select red apples of medium size; wipe and core.

2. Prepare syrup and cook apples in it, as for Whole Apple Compôte.

3. Lift apples out when soft, very carefully remove skin; fill centres with red jelly and pour syrup around.

APPLE PORCUPINE.

1. Prepare apples as for Whole Apple Compôte.

2. When cooked drain from syrup; chill.

3. Fill centres with jelly; blanch and split almonds in halves lengthwise and stick into apples.

4. Pour syrup around apples; serve with cream.

BAKED APPLES.

1. Wipe, core and score apples; place in baking dish.

2. Fill each centre with sugar; add ½ T. lemon juice or use cinnamon and sugar mixed (1 T. to 1 c.); place a small piece of butter on each.

3. Pour water around apples, ⅔ c. water to 6 apples.

4. Bake in a moderate oven until soft, 30 to 45 mins.; baste every 10 mins.

5. Lift out to a serving dish; pour the juice over apples.

6. Serve hot or cold.

APPLE SNOW.

¾ c. apple pulp.
Sugar.
3 whites of eggs.

1. Wipe, quarter, core and pare 4 sour apples.

2. Steam until soft; press through a sieve; add sugar to taste.

3. Beat whites of eggs on a platter; when stiff, add apple pulp gradually; continue beating until very stiff.

4. Pile lightly in serving dish; chill; serve with Custard Sauce.

SCALLOPED APPLES.

⅓ c.	3 c. apples chopped.
2 T.	½ c. brown sugar.
f.g.	⅛ T. nutmeg.
f.g.	¼ T. cinnamon.
¼ T.	2 T. grated lemon rind.
½ T.	2 tb. lemon juice.
1. T.	¼ c. water.
⅓ c.	2 c. buttered crumbs.

1. Butter a baking dish; spread with one quarter of the crumbs.

2. Add half of the apples; sprinkle with sugar and spice mixed.

3. Repeat one quarter of crumbs, one half of apples, remaining sugar; add lemon rind, juice and water.

4. Spread with remaining crumbs.

5. Bake in a moderate oven 45 mins. to 1 hour or until apples are soft; cover during first part of baking.

6. Serve hot with cream or a pudding sauce.

APPLE CHARLOTTE.

8 apples.
½ c. sugar.
1 tb. butter.
Bread strips.

1. Wipe, quarter, core, pare and slice apples.

2. Steam until tender.

3. Add sugar and butter and cook apples over direct heat, stirring constantly until dry.

4. Cut slices of bread ¼″ thick into strips 1″ wide and as long as depth of charlotte mould.

5. Dip strips into melted butter; with these line the mould, fitting a piece of bread into bottom of mould.

6. Fill centre with apple mixture, piling it high on top; cover with buttered crumbs.

7. Bake ½ hour in moderate oven.

8. Turn out on serving dish; serve with sugar and cream or a hot sauce.

STEWED RHUBARB.

½ c.	4 c. rhubarb.
2 tb.	1 c. sugar.

1. Wash rhubarb; peel; cut in 1″ pieces. If very tender, skin may be left on.
2. Put into saucepan or double boiler; add sugar, mix well, cover; let stand 20 to 30 mins.
3. Cook slowly, without stirring, until tender.

Note.—Rhubarb may be cooked in covered baking dish in moderate oven.

CRANBERRY SAUCE.

⅓ c.	3 c. cranberries.
2 tb.	1 c. boiling water.
2 tb.	1¼ c. sugar.

1. Pick over and wash cranberries.
2. Add water, cover, cook slowly until very soft; remove from heat.
3. Add sugar, stir until thoroughly dissolved.

CRANBERRY JELLY.

½ c.	4 c. cranberries.
2 tb.	1 c. water.
3 tb.	2 c. sugar.

1. Pick over and wash cranberries.
2. Add water; cook until very soft.
3. Press through a sieve; add sugar, stir till dissolved.
4. Cook without stirring, until it will jell—about 5 mins.
5. Pour into moistened moulds; set away to cool.

STEWED PRUNES.

3	½ lb. prunes.
⅓ c.	2½ c. cold water.
1½ T.	½ c. sugar.
¼ T.	1 tb. lemon juice.

1. Wash prunes thoroughly in warm water.
2. Add cold water; soak over night.
3. Cook below boiling, in the water in which they were soaked, until tender.

4. Add sugar, cook 5 mins. longer, remove from heat; add lemon juice.

Note.—Dried fruits, as apricots, apples and prunes, require long soaking; cook below boiling and add sugar when the fruit is tender.

PRUNE SOUFFLÉ.

3	½ lb. prunes.
2 tb.	1 c. cold water.
1 tb.	½ c. sugar.
½ T.	½ tb. lemon juice.
½	4 whites of eggs.

1. Prepare prunes as in method for Stewed Prunes, using a double boiler.
2. When tender, press pulp through a sieve.
3. Add sugar, cook 5 mins., cool; add lemon juice.
4. Beat whites of eggs until stiff; gradually beat in prune mixture.
5. Pile in buttered baking dish; oven-poach in slow oven 30 to 40 mins.; test with a knitting needle.
6. Serve hot or cold with cream or custard sauce.

Note.—The mixture may be served without cooking; pile lightly in serving dishes.

BAKED BANANAS.

½	6 bananas.
⅛ T.	1 tb. butter.
½ tb.	⅓ c. sugar.
1 tb.	½ c. water.
½ T.	2 tb. lemon juice.

1. Remove skins from bananas; cut in halves lengthwise; place in shallow baking dish.
2. Make a syrup of sugar and water; add lemon juice and butter.
3. Pour one-half syrup over bananas.
4. Bake in a slow oven until soft, about 20 mins.; baste, during baking, with remaining syrup.

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CHAPTER XIV

CANNING, JELLY-MAKING AND PICKLING

CANNING

Canning is the process by which foods are sterilized and sealed in air-tight cans or jars, for use when not in season. No preservatives, as sugar, salt, vinegar, etc., are required; if used, only enough for flavor is necessary. For this reason special precautions must be followed to ensure success.

Preparation of Jars

1. Test for leakage—put a little water in jar; fit with rubber ring, glass and screw top; invert; if water leaks from jar, it is not air-tight and should be refitted.
2. Wash jars in hot, soapy water; rinse.
3. Sterilize jars, glass and screw tops—place on rack in kettle or boiler, cover with cold water, heat gradually to boiling; boil 20 mins., lift out, drain and fill at once.
4. Sterilize rubber rings by dipping three or four times into boiling water; it is wise to use only rings which are new or nearly so.

Selection of Fruit and Vegetables

Select those which are sound and firm, just ripe or slightly under-ripe rather than over-ripe, uniform and medium in size.

Preparation of Fruit and Vegetables

1. Pick over; wash thoroughly in cold water (exc. raspberries); drain in a colander.
2. Prepare, for cooking, according to kind of fruit—
Strawberries—remove hulls.

Currants and gooseberries—remove stems and blossom.

Peaches and apricots—blanch, peel, cut in halves, remove stones.

Plums—remove stems; prick with a fork in several places.

Cherries—removes stems and pits.

Pears and quinces—quarter, core, peel; drop into cold water.

Grapes—remove from stems, separate pulp from skins; cook pulp and strain out seeds.

For preparation of vegetables, see table on cooking of vegetables, p. 94.

Blanching of Fruits and Vegetables

Place in cheesecloth or wire basket; dip into boiling water (the time varies with the kind of fruit or vegetable), then plunge into cold water.

Blanching is done

1. to reduce the bulk, as in spinach.
2. to set the color, as in peas and beans.
3. to reduce strong flavor, as in cauliflower.
4. to loosen the skins, as in peaches.

The cold plunge, after scalding, shrinks and makes the food firm.

Methods of Canning

COLD-PACK METHOD

1. Pack the fruit or vegetables in sterilized jars.
2. Fill with hot liquid (syrup or water).
3. Cover with glass top, screw metal ring loosely. If tightly sealed, jars will break.
4. Steam until tender.
5. Lift jars out, remove top, adjust rubber ring.
6. Press food with silver knife to allow air to escape.
7. Fill to overflowing with boiling syrup or water.
8. Seal at once; wipe jar; invert till cold.

Note.—Some fruits, as plums, hard pears, may be steamed 15 to 20 mins. before adding syrup. This softens the skins and fruit, which might otherwise be tough.

OPEN KETTLE METHOD.

1. Have syrup boiling in a broad kettle.
2. Add fruit; cook gently, stirring as little as possible. until fruit is tender; remove scum.
3. Fill sterilized jars to overflowing.
4. Seal at once; wipe off and invert till cold.

Note.—If too large an amount is cooked at one time, the food, especially small fruit, is broken up before it can be uniformly cooked.

Vegetables, except tomatoes, are more successfully canned by the cold-pack method than in the open kettle.

SYRUPS FOR CANNED FRUIT.

1. For sweet fruits—1 c. sugar to 2 c. water.
2. For medium fruits—1 c. sugar to 1 c. water.
3. For acid fruits—2 c. sugar to 1 c. water.

Add boiling water to sugar; stir till dissolved. Boil 5 to 10 mins.; remove scum.

Note.—In order to calculate the amount of syrup required, weigh the fruit and allow ⅓ to ½ lb. sugar to 1 lb. fruit for sweet and medium fruits and ¾ lb. sugar to 1 lb. fruit for acid fruits and those desired very rich.

CANNED PEACHES.

1. Scald fruit 1½ mins., then cold dip.
2. Remove skins; cut in halves, remove stones.
3. Pack carefully in sterile jars; add syrup.
4. Cover with glass top and metal ring, screwed loosely.
5. Steam 15 to 25 mins., according to size and ripeness of fruit.
6. Lift out, put on rubber ring; fill to overflowing with boiling syrup; seal at once.

CANNED PLUMS.

Use method for canned peaches; if plums are very firm, they should be steamed 15 to 20 mins. before syrup is added. Prick plums before cooking so that syrup is absorbed.

CANNED PEARS.

1. Wipe pears, cut in halves, core and peel.
2. Pack in sterile jars; steam 10 to 15 mins.; longer, if pears are very hard.
3. Add pieces of stick cinnamon, ginger or cloves.
4. Fill jar with syrup; steam until fruit is tender; seal.

Note.—For lemon flavor, cook thin pieces of lemon rind in syrup; strain out before adding syrup to fruit or add 1 tb. lemon juice to syrup for 1 qt. jar.

CANNED BEANS.

1. Select very tender beans; remove strings and tips; cut, as desired.
2. Blanch 5 mins., then cold dip.
3. Pack tightly in sterile jars.
4. Add 1 T. salt to 1 qt. jar.
5. Fill jars with water which has been boiled and cooled.
6. Adjust tops; steam 2 hours for 1 pint jar—3 hours for 1 quart.
7. Put on sterilized rubbers; fill jars to overflowing with boiling water; seal.

CANNED BEETS.

1. Wash small beets, leaving on roots and 2 inches of stem.
2. Boil 20 mins.; drain; cold dip.
3. Remove skins, roots and tops.
4. Pack in sterile jars; add 1 T. salt and 1 to 2 tb. vinegar to 1 qt. jar.
5. Fill jar with water which has been boiled and cooled.
6. Cover; steam 1 to 1½ hours; fill and seal.

CANNED CORN.

1. Select tender, fresh corn; remove husks and silk.
2. Blanch on the cob 5 mins.; cold dip 1 min.
3. Cut from cob; put into preserving kettle.
4. Add ½ T. salt and 1 c. water for every quart of corn.
5. Boil gently 15 mins.; fill sterile jars, cover, steam 1½ hours for pint jars, 2½ hours for quart jars.
6. Fill to overflowing with boiling water; seal.

CANNED TOMATOES.

1. Select firm, ripe tomatoes; scald 2 mins., then cold dip.
2. Remove skins and core; cut into pieces.
3. Put into preserving kettle; heat gradually to boiling, stirring frequently.
4. Cook 25 to 30 mins.; remove scum.
5. Fill sterile jars to overflowing; remove all seeds from ring and rim of jar.
6. Seal; invert till cold.

CANNED WHOLE TOMATOES.

1. Select firm tomatoes of medium or small size.
2. Scald and cold dip; remove skins and cores.
3. Pack in sterile jars; fill with water which has been boiled and cooled.
4. Cover; steam 25 to 30 mins. or until tomatoes are tender.
5. Fill to overflowing with boiling water; seal.

TOMATO SOUP.

1 pk. ripe tomatoes.
8 onions.
2 stalks celery and leaves.
1 hot red pepper.
½ c. butter.
¼ c. flour.
⅓ c. salt.
1 c. brown sugar.
1 T. baking soda.

1. Wash tomatoes; cut into pieces.
2. Add onions and celery, washed and cut.
3. Add red pepper, cut fine, and seeds.
4. Boil until tomatoes are very soft; p ess through a sieve.
5. Melt butter; add flour, sugar, salt and soda.
6. When blended, add strained tomato, slowly.
7. Heat to boiling; cook until thickened.
8. Seal in sterile jars.

JELLIES, JAMS AND PRESERVES

Success in the making of jellies and jams depends to a great extent upon a proper selection of fruit. Use fruits which are acid and just ripe or slightly under ripe; under these conditions, the jelly-making principle, "pectin," is in its best state for setting the jelly.

Pectin is richest in currants, grapes, lemons, sour and bitter oranges, crab apples, tart apples, cranberries.

Preparation of Fruit

1. Large fruit, as apples—wash, cut in pieces, add water to cover, cook till soft.
2. Small fruit, as grapes, currants—wash, pick from stems, put into kettle; break up with potato masher, cook till soft.

Preparation of Fruit Juice

1. When fruit is very soft, pour it into jelly-bag which has been scalded.
2. Drip several hours; the bag may be squeezed for a second quality of juice, which should be kept separate from the first.

Test for Pectin

1. Heat juice to boiling point and boil gently 10 to 20 mins.; grape and currant juices require less boiling than juice of large fruits.
2. Add 1 T. alcohol to 1 T. fruit juice; mix and let stand 3 mins. If sufficient pectin is present to form a jelly, it can be gathered in a thick mass from this mixture. If very little pectin can be collected, the juice should be given longer boiling and tested again.

Addition of Sugar

1. As a rule, $\frac{3}{4}$ c. sugar to 1 c. juice is sufficient; more than this makes a jelly which is too sweet in flavor; also the

sugar is apt to crystallize out on standing. When the juice is quite acid, as from very tart or unripe grapes, bitter oranges, 1 c. sugar to 1 c. juice may be required.

2. When the juice contains sufficient pectin by test, add the sugar, which may be heated.

3. Stir until sugar is dissolved; heat to boiling.

Cooking and Testing of Syrup

1. Boil syrup gently, remove scum; the time necessary for cooking varies,—for acid fruits with much pectin as currants and grapes, about 8 to 10 mins.— for less acid fruits, as apples, about 15 to 20 mins. If cooked too long, the jelly will be strong in flavor and tough.

2. Test by placing a drop of syrup on a cold plate,—it holds its shape when jelly is ready for bottling.

Bottling and Sealing of Jelly

1. Pour into hot, sterilized glasses; let stand until cold.
2. Cover top with melted parowax.

GRAPEFRUIT AND ORANGE MARMALADE.

1 grapefruit.
1 orange.
1 lemon.
12 c. water.
10 c. sugar.
Juice 1 lemon.

1. Wipe the fruit; squeeze out juice; reserve seeds.

2. Cut rind into very fine strips.

3. Put rind and juice in kettle, add 11 c. water; cover, let stand over night.

4. Cover seeds with 1 c. water; cover, let stand over night; in morning, add water from seeds to rind, tie seeds in cheesecloth and put into kettle.

5. Boil, uncovered, until rind is very soft and liquid has been reduced to about one-half. Remove seeds at end of first hour.

6. Test fruit juice for pectin.
7. Add sugar, heated; stir till dissolved; cover, heat to boiling, then boil uncovered 10 to 20 mins. or until syrup will jell.
8. Add lemon juice; remove from heat; pour into sterile bottles; seal when cold.

GRAPE JAM.

¼ c.	4 lbs. grapes.
¼ c.	3 lbs. sugar.

1. Pick over, wash and remove grapes from stems.
2. Weigh; estimate amount of sugar required.
3. Press pulp from skins; reserve skins.
4. Heat pulp and cook gently until very soft.
5. Press through a sieve to remove seeds.
6. Add skins to pulp and cook 5 mins.
7. Add sugar; cook gently until thick, about 10 mins.
8. Pour into sterile glasses and seal.

RHUBARB MARMALADE.

4 lbs. rhubarb.
4 lbs. sugar.
3 oranges, juice and grated rind.
2 lemons, juice and grated rind.
¼ lb. walnuts.

1. Wash and peel rhubarb; cut into 1″ pieces.
2. Add fruit juices, rind and sugar; boil gently 30 mins.
3. Add walnuts, cut in pieces; cook 10 to 15 mins. longer or until thick.
4. Pour into sterile glasses and seal.

APRICOT CONSERVE.

3 lbs. dried apricots.
2 (1 lb.) tins sliced pineapple.
6 c. sugar.
¼ lb. almonds.
1 lemon.

1. Wash apricots; soak over night in 9 c. water.
2. Cut pineapple slices into quarters, add with juice to apricots.

3. Cook, below boiling, till tender; stir frequently.
4. Add sugar; cook 10 mins.
5. Add lemon juice and almonds, blanched and cut in strips; cook 5 mins. longer.
6. Bottle; seal when cold.

PEACH CONSERVE.

6 qts. peaches.
8 oranges.
1 lemon.
Sugar.
1 lb. nuts.

1. Blanch, peel and slice peaches.
2. Squeeze juice and pulp of oranges; put rind through a mincer or chop fine.
3. Put peaches in kettle; add fruit juice and rind.
4. Weigh; add 1 lb. sugar to 1 lb. fruit.
5. Cook until clear; stir frequently.
6. Add lemon juice and chopped nuts; cook 5 mins.
7. Bottle; seal when cold.

RASPBERRY JAM.

4 lbs. raspberries.
3 lbs. sugar.

1. Pick over the berries, mash, cook gently 20 mins., stir frequently.
2. Add sugar, cook 15 mins. or until thick.
3. Pour into glasses; seal when cold.

BLACK CURRANT JAM.

1. Remove stems and blossom from currants.
2. Wash, measure, put into kettle.
3. Add an equal quantity of water.
4. Cook until currants are tender; weigh.
5. Add 1 lb. sugar to 1 lb. fruit and juice
6. Cook 10 mins. longer.
7. Pour into sterile bottles; seal.

GOOSEBERRY JAM.

1 lb. gooseberries.
1 lb. sugar.

1. Remove stems and blossom from berries.
2. Weigh; wash, put into kettle.
3. Cover with boiling water; let stand 10 mins., drain.
4. Add sugar; cook until thick.
5. Bottle and seal.

STRAWBERRY AND PINEAPPLE CONSERVE.

2 c. strawberries.
1 c. grated pineapple.
3 c. sugar.

1. Wash and hull strawberries.
2. Add pineapple and sugar.
3. Cook slowly until thick.

GRAPE CONSERVE.

6 qts. grapes.
1 lb. raisins.
3 oranges.
8 c. sugar.
1 c. chopped walnuts.

1. Wash grapes, remove from stems; separate pulp from skins.
2. Cook pulp until very soft; press through sieve.
3. Put pulp and skins into a kettle; add raisins, seeded and cut in halves, oranges, juice and grated rind, and sugar.
4. Cook until thick—about 20 mins., adding the walnuts 5 mins. before removing from heat.
5. Pour into sterile glasses; seal

GINGER PEARS.

4 lbs. pears.
4 lbs. sugar.
¾ c. water.
2 lemons.
2 oz. preserved ginger.

1. Select firm pears; wipe, quarter, core and peel; cut in pieces.
2. Add water, sugar and grated rind of 1 lemon.

3. Simmer until pears are a rich red color and syrup is thick; add lemon juice and ginger cut in small pieces; cook 10 mins.

4. Bottle and seal.

QUINCE PRESERVES.

6 lbs. quinces.
4 lbs. sugar.
1 qt. quince water.
3 lemons.

1. Wipe, quarter, core and pare quinces.

2. Place in kettle, add cold water to nearly cover; cook slowly until very tender; drain.

3. Make syrup of sugar and water in which quinces were cooked.

4. Add fruit, cover; simmer until fruit is a rich red color —about 2 hours.

5. Add lemon juice; cook 5 mins. longer.

6. Bottle and seal.

PICKLES AND SAUCES

With few exceptions, it is necessary that pickles and sauces be carefully sterilized and sealed, as canned foods. Preservatives, as vinegar, sugar and spices, are used for flavoring and are not in all cases sufficiently strong to preserve the food. In the recipes given it may be necessary to slightly increase or decrease amounts of vinegar and sugar to suit individual tastes.

If ground spice is used, substitute 1 T. ground spice for 1 tb. whole spice.

TOMATO CATSUP.

½ bu. ripe tomatoes.
4 large onions.
1 small piece root ginger.
1 tb. whole cloves.
1 tb. whole allspice.
4 tb. stick cinnamon (broken).
1 T. cayenne.
⅓ c. salt.
4 c. brown sugar.
2½ c. vinegar.

1. Wash and cut tomatoes; cook till very soft; press through a sieve.

2. Add spices, tied loosely in a cheesecloth, and other ingredients.

3. Simmer slowly 3 to 4 hours, or until thick; remove spices.

4. Pour into sterile bottles and seal.

Note.—If tomatoes are very watery, they may be cut, as for catsup and chili sauce, sprinkled lightly with salt and let stand 2 or 3 hours; drain off water.

CHILI SAUCE.

16 large ripe tomatoes.
2 large onions.
4 green peppers.
⅔ to 1 c. brown sugar.
1 tb. salt.
1 tb. whole cloves.
2 tb. stick cinnamon (broken).
1 tb. whole allspice.
1 T. grated nutmeg.
1 c. vinegar.

1. Wash and peel tomatoes and onions; remove seeds and tongues from peppers.

2. Cut tomatoes; chop onions and peppers.

3. Place all together in kettle; add spices, tied in cheesecloth, and other ingredients.

4. Cook slowly 2 to 2½ hours or until thick; stir frequently.

5. Seal in sterile jars.

CELERY SAUCE.

1 pk. ripe tomatoes.
4 onions.
2 large heads celery.
4 c. brown sugar.
2½ c. vinegar.
1 tb. stick cinnamon.
1 tb. cloves.
1 tb. whole allspice.
½ T. cayenne.
1½ tb. salt.

1. Wash tomatoes; peel and cut in pieces.
2. Add onions and celery, chopped.
3. Add remaining ingredients (tie spices in cheesecloth); cook slowly until thick.
4. Seal in sterile jars.

SPICED TOMATOES.

24 ripe tomatoes.
2 c. vinegar.
1 tb. salt.
3 lbs. brown sugar.
1 tb. whole cloves.
1 tb. whole allspice.
1 tb. stick cinnamon.
½ T. cayenne.
2 c. vinegar.

1. Wash and peel tomatoes; add 2 c. vinegar; let stand over night.
2. In morning drain, reserve liquid.
3. Make syrup of brown sugar, vinegar and liquid from tomatoes.
4. Add salt, spices (tied in cheesecloth), and tomatoes.
5. Cook slowly until thick, 2½ to 3 hours.

SPICED GRAPES.

7 lbs. grapes.
4 lbs. sugar.
1½ c. vinegar.
2 T. ground cloves.
2 T. ground cinnamon.
1 T. ground allspice.

1. Separate pulp from skins of grapes; boil pulp until very soft; press through a sieve.
2. Add skins and other ingredients.
3. Cook until thick; stir frequently.
4. Pour into sterile jars and seal.

Note.—Other small fruits, as gooseberries and currants, may be spiced in the same way.

MIXED PICKLES.

4 quarts vegetables (cucumbers, onions, cauliflower).
2 quarts vinegar.
½ to 1 c. sugar.
2 red peppers.
1 tb. stick cinnamon.
1 tb. whole allspice.
½ tb. whole cloves.

1. Prepare vegetables—
cucumbers—wash, remove stems, cut, if necessary.
onions—peel.
cauliflower—remove leaves, break into pieces.

Cover with hot brine (½ c. salt to 1 qt. water); let stand over night; in morning, drain.

2. Heat vinegar; add sugar, red pepper cut in fine strips, and spices, tied in cheesecloth.

3. Boil 10 mins.; pour over vegetables.

4. Put in sterile bottles and seal.

Spiced vinegar, as prepared above, may be used in pickling gherkins, beets, etc.

GREEN TOMATO PICKLE.

½ pk. green tomatoes.
2 onions.
½ c. salt.
1½ qts. vinegar (diluted).
4 c. brown sugar.
3 tb. mustard seed.
1 tb. whole cloves.
1 tb. whole allspice.
2 tb. stick cinnamon (broken).
1 tb. ginger root.
2 red peppers.

1. Wash tomatoes; cut into one-fourth inch slices.

2. Peel onions; cut into very thin slices.

3. Arrange tomatoes and onions in alternate layers in bowl; sprinkle layers with salt.

4. Weight down with a plate, let stand over night; drain.

5. Heat vinegar to boiling; add sugar, red peppers cut in thin strips and spices, tied in cheesecloth.

6. Add vegetables; cook slowly 1 hour or until tomatoes are clear.

7. Seal in bottles or keep closely covered in a crock in cold place

MUSTARD PICKLES I.

3 qts. small cucumbers.
2 large cauliflowers.
3 qts. pickling onions.
3 red peppers.
3 qts. vinegar.
4 c. brown sugar.
½ tb. salt.
½ c. flour.
2 tb. white pepper.
1 T. cayenne.
2 tb. mustard seed.
2 tb. turmeric powder.
1½ c. mustard.

1. Wash cucumbers; cut, if necessary.

2. Wash cauliflowers; break in small pieces.

3. Wash and peel onions; cut peppers in strips.

4. Put into separate dishes; cover with hot brine (½ c. salt to 1 qt. boiling water), let stand over night; drain.

5. Heat vinegar to boiling.

6. Mix sugar, flour and seasonings, add vinegar slowly; cook until thick.

7. Add vegetables, cook 5 mins.

8. Bottle and seal. This pickle may be kept closely covered in a stone crock.

MUSTARD PICKLES II.

2 qts. large cucumbers (chopped).
2 qts. large onions (chopped).
12 green peppers (chopped).
2 red peppers (chopped).
2 qts. small cucumbers (whole).
2 large heads cauliflower, cut in pieces.

1. Put vegetables in separate dishes; cover with hot brine (½ c. salt to 1 qt. water).

2. Let stand over night; drain.

3. Cover with following dressing,—

1 gal. vinegar.
8 lbs. sugar.
2 tb. white mustard seed.
2 tb. celery seed.
1⅓ c. flour.
½ c. mustard.
1 tb. turmeric.

(a) Mix flour, mustard and turmeric with 1 c. cold vinegar.

(b) Heat remaining vinegar to boiling; add sugar and spices.

(c) Add flour mixture slowly, stirring constantly.

4. Heat all to boiling; boil 5 mins.

5. Seal in sterile bottles.

PICKLED BEANS.

4 qts. string beans.
3 c. vinegar.
3 c. brown sugar.
⅓ c. mustard.
¼ c. flour.
1½ T. turmeric powder.
1 T. celery seed.
1 T. salt.

1. Wash beans, remove tips and strings; cut into 2″ pieces.

2. Cook in boiling, salted water 15 mins.; drain.

3. Heat vinegar to boiling.

4. Mix sugar, flour and seasonings, add vinegar slowly; cook until thick.

5. Add beans; cook 5 mins.

6. Bottle and seal.

SPICED PEARS.

8 lbs. pears.
Whole cloves.
3 tb. stick cinnamon (broken).
1 tb. ginger root.
2 tb. allspice berries.
1 pt. vinegar.
½ c. water.
3 lbs. brown sugar.
Rind of ½ lemon.

1. Wipe pears, cut in halves; remove core and skin.
2. Stick 2 or 3 cloves in each piece.
3. Make syrup of vinegar, water, sugar, spices (tied in cheesecloth) and thin shavings of lemon rind.
4. Heat to boiling; boil 5 mins.
5. Add pears, cook gently until tender.
6. If necessary, lift out pears to sterile jars; boil syrup down until thick then pour over pears. Seal.

Note.—Crab apples, sweet apples and peaches may be pickled in the same way. Peaches should not be peeled.

If pears are very hard, they should be steamed 8 to 10 mins. before putting into syrup.

Spiced fruit is better if allowed to stand at least one month before using.

WATERMELON PICKLE.

8 lbs. watermelon rind.
4 lbs. light brown sugar.
1 qt. vinegar.
4 tb. whole cinnamon.
2 tb. whole cloves.
3 tb. whole allspice.
2 tb. whole ginger.

1. Pare watermelon rind; cut in thick strips.
2. Boil 1 oz. alum in 1 gallon water; pour over rind, let stand on back of range until clear.
3. Drain; chill in cold water.
4. Make syrup of vinegar, sugar and spices (tied in cheesecloth).
5. When boiling, add fruit; cook about ½ hour.
6. Place in sterile jars; seal.

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CHAPTER XV

CEREALS

Cereals are divided into two general classes, coarse and fine.

GENERAL PROPORTIONS

Cereal	Water	Salt	Time
1 c. coarse.	3 c.	1 T.	3 hours.
1 c. fine.	4 to 5 c.	1½ T.	45 mins.

1. Have water boiling in upper part of double boiler or cereal cooker; add salt.

2. Add cereal slowly, especially in case of fine cereal.

3. Cook 5 mins. over direct heat, then finish over boiling water.

Note.—A fireless cooker may be used to advantage; cook cereal 5 mins. then place in fireless cooker; the amount of water may be slightly reduced.

If cereal is cooked at night, pour a little water over the top to prevent a crust forming.

BOILED RICE.

1 tb.	1 c. rice.
⅓ T.	1 tb. salt.
1½ c.	3 qts. boiling water.

1. Pick over and wash the rice.

2. Have water boiling briskly, add salt.

3. Add rice slowly in order not to check the boiling.

4. Boil, uncovered, until soft—about 25 mins.; add water to keep the amount to 3 qts.

5. Drain in sieve; pour boiling water through.

6. Return to saucepan; set on back of range or in oven to dry.

Note.—Test rice by tasting or by pressing a kernel between the fingers.

STEAMED RICE.

1 tb.	1 c. rice.
⅛ T.	1 T. salt.
2½ tb.	2½ c. boiling water.

1. Pick over and wash the rice.
2. Put into a bowl; add salt and water.
3. Steam over rapidly boiling water, until tender, about 45 mins.

MACARONI.

1. Break macaroni into lengths; wash with cold water.
2. Have large amount water boiling rapidly; add salt, 1 T. to 1 qt.
3. Add macaroni slowly; boil uncovered until tender—25 to 40 mins.
4. Drain in a colander; rinse with cold water.

Note.—Other Italian pastes and noodles are cooked in the same way.

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CHAPTER XVI

FLOUR MIXTURES

(A). QUICK BREADS

General Rules

In recipes for quick breads, cakes and pastries, the proportions given are for pastry flour. If bread flour is used, substitute ⅞ c. for 1 c. pastry flour. In all cases, flour should be sifted before measuring.

Flour mixtures, before cooking, may be divided into two general classes, "batters" and "doughs," the consistency depending upon the proportions of liquid to dry ingredients, as follows:

1. **Thin or pour batters,** as pop-overs, griddle cakes, in which the proportion is 1 part liquid or more to 1 part flour.

2. **Thick or drop batters,** as muffins, cakes—proportion about 1 part liquid to 2 parts flour.

3. **Soft doughs,** as tea-biscuit, bread—proportion about 1 part liquid to 3 parts flour.

4. **Stiff doughs,** as pastry, cookies—proportion about 1 part liquid to 4 parts flour.

Note.—The "liquid" includes those ingredients which are in liquid form during mixing, as milk, water, molasses, egg. An egg may be considered as a scant one-quarter cup.

Use of Leavening Agents

1. Use 2 T. baking powder to 1 c. flour.

2. If egg is used in lightening, as in muffins and cakes, reduce the baking powder by ½ T. for each egg.

3. If baking soda and sour milk are used, use ¼ T. soda to 1 c. sour milk, and in addition use 1. T. baking powder to 1 c. flour.

4. If baking soda and cream of tartar are used, use ½ T. soda and 1 T. cream of tartar to 1 c. flour.

5. If baking soda and molasses are used, use ½ T. soda to 1 c. molasses.

Kinds of Shortenings

1. For tea biscuit and muffin mixtures, use butter, a butter substitute, butter and lard mixed, a lard substitute or dripping—beef or beef and pork mixed.

2. For cakes, use butter or a good butter substitute.

3. If cream is used, the butter should be reduced.

1 c. 16% cream = 3 tb. fat + ⅞ c. milk.
1 c. 24% cream = 4⅔ tb. fat + ⅔ c. milk.
1 c. 32% cream = 6⅓ tb. fat + ½ c. milk.

WAFFLES.

2 c. flour.
3 T. baking powder.
½ T. salt.
2 T. sugar.
1⅔ c. milk.
2 eggs.
1½ tb. butter (melted).

1. Sift dry ingredients together twice.
2. Add well beaten eggs, milk and butter.
3. Heat waffle iron on both sides; brush over with melted dripping.
4. Pour 1 tb. mixture in each section, near centre.
5. Bake until brown and crisp.
6. Serve at once with powdered sugar, honey or maple syrup.

POP-OVERS.

2 tb.	1 c. flour.
f.g.	¼ T. salt.
2 T.	1 egg.
2 tb.	1 c. milk.
	½ T. butter (melted).

1. Mix flour and salt; add milk gradually.
2. Add egg, unbeaten, and butter.

3. Beat with a Dover beater 2 mins.

4. Pour into hot greased gem pans or into earthenware cups, heated and greased, having them not more than one-half full.

5. Bake in a hot oven 30 to 40 mins. Temperature 450°F., reduce to 375°F.

SOUR MILK GRIDDLE CAKES.

2 tb.	2 c. flour.
⅛ T.	2 T. baking powder.
1/16 T.	⅜ T. baking soda.
f.g.	½ T. salt.
¼ T.	2 tb. sugar.
2 tb.	2 c. stale bread crumbs.
1 T.	1 egg.
2 tb.	1¼ c. sour milk.
½ T.	1½ tb. butter (melted).

1. Mix and sift dry ingredients.

2. Cover bread with boiling water; let stand until soft, then drain off all surplus water.

3. Beat bread until smooth; add flour.

4. Add beaten egg, milk and butter; mix as little as possible.

5. Bake on greased hot griddle; they should be turned only once in baking.

CORNMEAL GRIDDLE CAKES.

2 tb.	1 c. flour.
¼ T.	2½ T. baking powder.
⅛ T.	1 T. salt.
1 T.	2 tb. sugar.
½ tb.	½ c. cornmeal.
⅙ c.	1½ c. boiling water.
1 T.	1 egg.
1½ tb.	1 c. milk.
½ T.	1½ tb. butter (melted).

1. Mix and sift flour, baking-powder, sugar and salt.

2. Add cornmeal gradually to boiling water; cook 5 mins., cool.

3. Add egg, well beaten, milk and butter.

4. Add flour, bake as Sour Milk Griddle Cakes.

MUFFINS.

4 tb.	2 c. flour.
½ T.	3½ T. baking powder.
f.g.	½ T. salt.
1 T.	2 to 3 tb. sugar
2 tb.	1 c. milk.
1 T.	1 egg.
1 T.	2 tb. butter.

1. Mix and sift flour, baking powder, sugar and salt.

2. Beat egg; add milk.

3. Make a depression in the flour; pour in milk and egg, then melted butter.

4. Stir as little as possible in mixing; turn into well-greased muffin pans.

5. Bake in a moderate oven 25 mins. Temperature—350° to 375°F.

FRUIT MUFFINS.

4 tb.	2 c. flour.
½ T.	3½ T. baking powder.
f.g.	½ T. salt.
1½ T.	3 tb. sugar.
½ tb.	¼ c. raisins.
½ tb.	¼ c. currants.
1 T.	1 egg.
2 tb.	1 c. milk.
1 T.	2 tb. butter.

Make as plain muffins.

GRAHAM MUFFINS.

2 tb.	1 c. Graham flour.
2 tb.	1 c. white flour.
½ T.	3½ T. baking powder.
f.g.	½ T. salt.
1½ T.	3 tb. sugar.
1 T.	1 egg.
2 tb.	1 c. milk.
1 T.	2 tb. butter

Make as plain muffins.

CORNMEAL MUFFINS.

2 tb.	1 c. cornmeal or ⅔ c.
2 tb.	1 c. flour or 1⅓ c.
¼ T.	2 T. baking powder.
1/16 T.	⅓ T. baking soda.
⅛ T.	1 T. salt.
1½ T.	2½ tb. sugar.
1 T.	1 egg.
2½ tb.	1¼ c. sour milk.
1 T.	2½ tb. butter.

1. Make as plain muffins.
2. For johnnycake this mixture may be baked in a shallow greased baking-pan. Temperature—325° to 350°F.

BRAN MUFFINS.

1½ c. flour.
1 c. bran.
2½ T. baking powder.
½ T. salt.
1 egg.
1 c. milk.
1 tb. butter.
½ c. chopped dates or raisins.

1. Make as plain muffins.

Note.—If more bran is desired, reduce the flour by ¼ c. and increase the bran by ½ c.

BOSTON BROWN BREAD.

1 tb.	½ c. flour.
2 tb.	1 c. Graham flour.
2 tb.	1 c. cornmeal.
⅛ T.	1 T. salt.
⅛ T.	1 T. baking soda.
3 tb.	2 c. thick sour milk.
1 tb.	½ c. molasses.

1. Mix and sift dry ingredients.
2. Mix sour milk and molasses; add to flour.
3. Turn into greased mould, cover tightly.
4. Steam 3 hours—individual, 1¼ hours.
5. Turn out of mould on baking-pan; place in hot oven for a few minutes to dry the outside.

DATE BREAD.

1 c. dates.
1 T. baking soda.
¾ c. boiling water.
⅔ c. brown sugar.
1 egg.
1 tb. butter.
1 T. vanilla.
1¾ c. flour.
1 T. salt.

1. Wash, stone and cut dates into small pieces.
2. Add soda and boiling water, mix well; cool a little.
3. Add sugar, beaten egg, butter and vanilla.
4. Add flour sifted with salt.
5. Turn into greased baking-pan; bake in a slow oven 1¼ hours. Temperature—325° to 350°F.

TEA BISCUITS.

4 tb.	2 c. flour.
½ T.	4 T. baking powder.
1/16 T.	½ T. salt.
1 T.	2 to 3 tb. fat.
1⅓ tb.	⅔ c. milk.

1. Sift flour, baking powder and salt.
2. Cut in the fat with a knife or cookie cutter.
3. Add milk gradually to form a soft dough. This should be done with as little mixing as possible.
4. Turn out on slightly floured board; roll ¾″ thick.
5. Cut with floured biscuit cutter; place on greased or floured pan; bake in hot oven 15 to 20 mins. Temperature —400° to 425°F.

Note.—If sour milk is used, reduce the baking powder to 1 T. in 1 c. flour; add soda in the proportion of ¼ T. to 1 c. sour milk.

Variations of Tea Biscuits:

EMERGENCY BISCUIT.

1. To tea biscuit recipe add milk to make a stiff batter (about 3 tb.)
2. Drop from spoon on greased pan, ½″ apart.
3. Bake in a hot oven 12 to 15 mins.

CHEESE BISCUITS.

1. To tea biscuit recipe add ⅔ c. grated cheese; reduce the fat to 1 tb. in 2 c. flour.
2. Finish as Tea Biscuit.

FRUIT ROLLS.

1. To tea biscuit recipe, add 2 tb. sugar.
2. Roll dough ⅓″ thick.
3. Spread with

1 T.	2 tb. butter (softened).
½ tb.	⅓ c. brown sugar.
⅛ T.	½ T. cinnamon.
½ tb.	⅓ c. currants or raisins.

4. Shape into a roll; press edges together.
5. Cut into ¾″ slices.
6. Place in greased baking-pan, close together, with cut surfaces up and down.
7. Bake in a hot oven 15 to 20 mins.

ORANGE TEA BISCUIT.

1. Make tea biscuit, using 2 tb. fat to 1 c. flour.
2. Place in baking pan; into the centre of each press a small cube of sugar which has been dipped in the following mixture:

1 tb. orange juice.
1 T. lemon juice.
Grated rind of ½ orange.

3. Bake as Tea Biscuit.

DATE FOLDS.

1. Make tea biscuit mixture using 2 tb. fat to 1 c. flour.
2. Roll out ¼″ thick; cut round with a medium-sized cookie cutter.
3. On one half of each place one-half date which has been rolled in fruit sugar.
4. Fold over; place in baking pan; bake in hot oven 15 to 20 mins.

FRUIT SCONES.

1. Make tea biscuit mixture, using 2 tb. fat to 1 c. flour; add 3 tb. sugar and ½ c. seedless raisins.
2. Roll out ½″ thick; cut in rounds 5″ to 6″ in diameter; score in quarters.
3. Brush top with milk and egg.
4. Bake in hot oven 15 to 20 mins. Temperature—400°F. to 425°F.

B. YEAST MIXTURES

BREAD, ROLLS AND BUNS

In all bread mixtures, it is necessary to use either bread flour, a household flour or Graham flour. Pastry flour does not contain sufficient gluten to give satisfactory results.

The yeast may be compressed, as Fleischman's, dried, as Royal, or home-made yeast. The amount used varies with the length of time of rising. The liquid may be water, potato water, milk or milk and water. Water should be boiled and cooled to lukewarm; milk should be scalded. For potato water cook 2 medium potatoes in 1 qt. water; when soft, press through a ricer and add to water in which potatoes were cooked.

A temperature of about 80°F. is best for yeast mixtures during rising.

TABLE X.

PROPORTIONS FOR WHITE BREAD.

Individual.	1 lb. loaf.	4 1-lb. loaves.
¼ c.	1 c.	4 c. liquid.
¼ T.	1 T.	1 tb. salt.
¼ T.	1 T.	1 tb. sugar.
¼ T.	1 T.	1 tb. lard.
About ¾ c.	3 c.	3 qts. flour.
½ cake.	⅛ cake or	½ yeast cake for 10 to 12 hours or
for 2½ to 3 hours	⅛ c. or	½ c. home made yeast or
	½ cake	2 cakes for 5 to 6 hours.
1 tb.	2 tb.	¼ c. luke warm water.

Make Sponge

1. Heat liquid, add salt, sugar and lard; cool to lukewarm.
2. Add yeast cake, dissolved in lukewarm water.
3. Add flour (about 1½ c. to 1 c. liquid), to make batter or "sponge."
4. Beat thoroughly until bubbles form.
5. If sponge is set over night, cover in a warm place, not hot, to rise until foamy.

Make Dough

1. Add flour to make a dough just stiff enough to be handled.
2. Turn dough on lightly floured board.
3. Knead until elastic; add only enough flour to prevent sticking.
4. Return dough to bowl, moisten top; cover, set to rise until double in bulk.

Shape into Loaves

1. Turn dough out on lightly floured board.
2. Knead slightly to break up large gas bubbles.
3. Divide and shape into loaves.
4. Put into greased pans; cover lightly in a warm place on a board or rack to rise.
5. When nearly double in bulk, bake in a moderate oven.

Temp.—350°F., increase to 400°F.

Time.—Individual, 30 mins. 1 lb. loaf, 50 to 60 mins.

TABLE XI.

PROPORTIONS FOR BROWN BREAD

Individual	1 lb. loaf.	4 1-lb loaves.
¼ c.	1 c.	1 qt. potato water.
¼ T.	1 T.	1 tb. salt.
¼ T.	1½ T.	1½ tb. molasses.
¼ T.	1 T.	1 tb. fat.
¼ c.	1 c.	4 c. bread flour.
⅓ c.	1½ c.	About 7 c. Graham flour.
	⅛ cake.	½ yeast cake—10 to 12 hours.
½ cake (2 to 3 hrs.)	½ cake.	2 yeast cakes—5 to 6 hours.
1 tb.	2 tb.	¼ c. lukewarm water.

1. Make as White Bread. It is necessary to have the dough as soft as possible. A larger proportion of Graham flour may be used if a coarser bread is desired.

ROLLED OATS BREAD.

2 c. rolled oats.
2 c. boiling water.
2 T. salt.
2 tb. lard.
¼ c. brown sugar or molasses.
1 yeast cake dissolved in
½ c. lukewarm water.
About 4 c. bread flour.

1. Pour boiling water over rolled oats; add salt, lard and molasses.
2. Cool to lukewarm; add dissolved yeast.
3. Add flour to make a sponge, set to rise.
4. Finish as White Bread.

ROLLS.

¼ c.	2 c. milk.
¼ tb.	2 tb. sugar.
¼ tb.	2 tb. butter.
¼ T.	1 T. salt.
¾ to 1 c.	6 c. flour.
1 tb.	¼ c. lukewarm water.
½ cake	¼ yeast cake (if set at night), 9 to 10 hrs.
(2½ to 3 hrs.)	1 yeast cake, 5 to 6 hrs.

1. Scald milk, add sugar, butter and salt.
2. Cool to lukewarm.
3. Add yeast, dissolved in lukewarm water.
4. Add flour to make sponge, beat until very light; cover, set in warm place to rise.
5. When foamy, add flour to make a dough.
6. Knead until elastic; set to rise in warm place until double in bulk.
7. Knead slightly; shape into rolls.
8. Place in greased baking pans; set to rise.
9. When light, bake in hot oven 15 to 30 mins. Temperature—375° to 400°F.

Parker House Rolls

1. Roll dough to ⅓″ thickness on lightly floured board.
2. Lift dough from board to let it shrink, then cut with round or oval cutter.
3. Crease each piece through middle with the back of a case knife; brush over half of the piece with melted butter.
4. Fold over, press edges together, finish as rolls.

Luncheon Rolls

1. Roll dough ⅓″ thick.
2. Cut with round cutters, one slightly larger than the other.
3. On the larger round, place a small piece of butter; moisten edges with warm water.
4. Place smaller round on this, pressing together around edges, finish as rolls.

Braids

1. Roll dough ⅓″ thick.
2. Cut into rectangular pieces 1¾″ by 3″.
3. Make 2 lengthwise cuts through the dough, beginning about ½″ from one end of the strip.
4. Braid the 3 ends together, finish as rolls.

BREAD STICKS.

1 c. milk.
2½ tb. butter.
1½ tb. sugar.
½ T. salt.
½ yeast cake.
⅛ c. lukewarm water.
1 white of egg.
3½ to 4 c. flour.

1. Make as rolls; beat white of egg and add to sponge.
2. When ready to shape, roll on lightly floured board to ½″ thickness.
3. Cut with a bread stick cutter or roll on board under the fingers to about 3½″ long.
4. Place in bread stick pans or on baking sheet to rise.
5. Bake when very light, in hot oven, 12 to 15 mins. Temperature—400°F.

PLAIN BUNS.

¼ c.	1 c. milk.
1¼ tb.	⅓ c. sugar.
⅛ T.	½ T. salt.
1 tb.	⅛ c. lukewarm water.
½ cake	⅛ yeast cake, if mixed at night, or ½ yeast cake, if mixed in morning.
3 T.	3 tb. butter, softened.
1/16 T.	⅓ T. cinnamon.
¾ to 1 c.	About 3 c. flour.

1. Make sponge with milk, 1/6 c. sugar, salt, yeast and flour.
2. When light add remaining sugar, butter and flour, sifted with cinnamon. Knead dough until elastic.
3. Let rise until light; knead slightly.
4. Shape into buns; place in greased baking pan to rise.
5. Bake in a moderate oven, 25 to 30 mins.
6. At end of 15 mins. baking, glaze by brushing buns with mixture of 1 tb. sugar and 2 tb. milk. Repeat in 5 mins.

CURRANT BUNS.

1. To plain buns, add ½ c. currants or sultana raisins (individual, 1½ tb.).
2. Wash and dry the fruit, add to the sponge after it has risen.

HOT CROSS BUNS.

1. To plain bun mixture, add 1 T. cinnamon (½ c. fruit, raisins and currants, may be added).
2. Roll dough ¾″ thick; cut with 3 inch cutter. Make cuts at right angles on top of biscuit.
4. Let rise; bake; glaze during baking.

CHELSEA BUNS.

1. Make plain bun mixture, using only 1 tb. butter (individual 1 T.).
2. When dough is light, roll ½″ thick.
3. Spread with

1 T.	2 tb. butter (softened).
1 tb.	¼ c. currants or sultana raisins.
2 tb.	⅓ c. brown sugar.
¼ T.	1½ T. cinnamon.

4. Roll the dough; press edges together.
5. Cut with sharp knife into slices 1″ thick.
6. Place close together in greased baking pan, having cut edges up and down.
7. When light, bake in moderate oven 30 to 35 mins. Temperature—400°F, reduce to 375°F.

COFFEE BREAD.

¼ c.	1 c. milk.
1 tb.	4 tb. butter or butter and lard.
1 tb.	¼ c. sugar.
¼ T.	1 T. salt.
2 T.	1 egg.
½ cake	⅓ yeast cake, dissolved in
1 tb.	¼ c. lukewarm milk.
1½ tb.	½ c. raisins.
⅔ c.	About 2¾ c. flour.

1. Scald the milk; add butter, sugar and salt; cool to lukewarm; add dissolved yeast and flour to make a thick batter.
2. Let rise over night.
3. In morning add beaten egg and fruit. More flour may be needed: mixture should be a stiff batter.
4. Spread in buttered baking pan; cover, set to rise.
5. When light, brush over with beaten egg.
6. Spread with

1½ tb. butter.
3 tb. sugar.
½ T. cinnamon.
1 tb. flour.

(a) Melt butter, add sugar and cinnamon.
(b) Mix thoroughly, add flour.

7. Bake in a moderate oven 45 to 60 mins. Temperature—375°F.

HOME-MADE YEAST.

1 pt. potatoes, cut in pieces.
1 qt. boiling water.
2 tb. salt.
¼ c. sugar.
⅓ c. flour.
1 pt. potato water.
3 pts. water.
1 yeast cake.

1. Cook potatoes; drain; reserve potato water.

2. Mix flour, sugar and salt; add mashed potatoes.
3. Add potato water, clear water and when cool add yeast cake, dissolved in lukewarm water.
4. Let stand in warm place till very foamy.
5. If bread is set in morning, use 2 c. yeast and 1 c. water.
6. Make sponge; let stand until light—about 1 hour.

USES FOR STALE BREAD

TOAST.

1. Cut stale bread into ⅓" slices.
2. If making in gas oven, heat oven; place bread on rack under gas flame.
3. Toast on one side; turn, brown other side.
4. If making over hot coals, place in toaster; dry by holding some distance from coals then brown nearer the heat.

MILK TOAST.

1. Pour hot milk over dry toast.

CREAM TOAST.

½	6 slices toast.
1½ T.	3 tb. flour.
⅛ T.	½ T. salt.
f.g.	f.g. white pepper.
1½ T.	3 tb. butter.
¼ c.	1½ c. milk.

1. Make white sauce of flour, seasonings, butter and milk.
2. Dip slices of toast in the sauce.
3. Place on serving dish; strain sauce over.
4. Garnish with parsley.

VERMICELLI TOAST.

1. To Cream Toast add 3 hard-cooked eggs.
2. Chop whites and add to the sauce.
3. Press yolks through a sieve or ricer and sprinkle over top. Garnish with parsley.

For Cheese Sauce on toast, see p. 126

FRENCH TOAST.

1	6 or 8 slices stale bread.
1 T.	1 egg.
f.g.	¼ T. salt.
2 tb.	¾ c. milk.
	Butter.

1. Beat egg slightly, add salt and milk.
2. Heat frying pan, put in piece of butter.
3. Dip bread quickly into raw custard.
4. Put into frying-pan; brown on one side.
5. Place small piece of butter on top; turn the bread and brown on the other side.
6. Serve at once with cinnamon and sugar (1 T. to 1 c.) or a syrup.

BREAD CASES.

1. Cut stale bread into slices 2″ thick.
2. Remove crusts; cut into rounds or squares.
3. Remove part of bread from centre, leaving case about ⅓″ thick.
4. Brown in broiling oven, as in making toast, or brush over lightly with butter and brown in oven.
5. Fill with creamed fish, meat or vegetables.

BUTTERED CRUMBS.

1 tb. butter.
1 c. crumbs.
⅛ T. salt.
f.g. pepper.

1. Grate the crumb part of stale bread.
2. Melt butter (do not let it brown); add crumbs and seasonings; stir with a fork.
3. Use for scalloped dishes.

For Croûtons, Soup Sticks, etc., see p. 114

C. CAKES AND CAKE ICINGS

STANDARD CAKE.

1 tb.	½ c. butter.
2 tb.	1 c. sugar.
½	2 eggs.
2 tb.	1 c. milk.
6 tb.	2½ c. flour.
½ T.	4 T. baking powder.
f.g.	½ T. salt.

1. Mix and sift flour, baking powder and salt.
2. Cream butter; add sugar gradually and cream very thoroughly with the butter.
3. Add yolks of eggs, beaten until thick and light.
4. Add milk and sifted flour, alternately.
5. Fold in whites beaten stiff, while adding the last amount of flour.
6. Pour into buttered and floured pan.
7. Bake in moderate oven.

Time—layer cake, 30 to 35 min.
loaf cake, 45 to 60 mins.
individual amount, 30 to 35 mins.

Temperature—325°F. to 350°F.

Variations—to 2½ c. flour add one of the following:

1 tb.	¾ to 1 c. raisins or currants and ½ T. vanilla.
1 tb.	¾ c. citron peel, thinly sliced.
1 tb.	¾ c. chopped nuts and ½ T. vanilla.
¼ T.	Spice—1½ T. cinnamon, ¼ T. allspice and nutmeg.
	½ c. freshly grated cocoanut; use cocoanut milk as part of liquid in cake.
¼ oz.	2 to 2½ oz. chocolate and 1 T. vanilla.
1 tb.	½ c. cocoa and 1 T. vanilla.
8 drops	1 T. vanilla
	⅓ T. almond extract.

WHITE CAKE.

½ c. butter.
1 c. sugar.
1 to 1¼ c. milk.
2⅔ c. flour.
4 T. baking powder.
4 egg whites.
Flavoring.

1. Combine as standard cake.
2. Bake in layers in slow oven about 40 mins. Temperature—300°F. to 325°F.

CREAM ALMOND CAKE.

½ c. butter.
1 c. sugar.
⅔ to ¾ c. milk.
2 c. flour.
3 T. baking powder.
4 egg whites.
½ T. almond extract.

Bake in loaf pan in slow oven 50 to 60 mins. Temperature—300° to 325°F.

ORANGE CAKE.

¼ c. butter.
½ c. sugar.
Yolks 5 eggs.
¼ c. milk.
⅞ c. flour.
1½ T. baking powder.
1 T. orange extract.

1. Bake in a tube pan, in a slow oven, 1 hour.
2. Cover with Orange Frosting.

Temperature—275° to 325°F.

HOT WATER GINGERBREAD.

1 tb.	¼ c. butter and lard.
2 tb.	½ c. brown sugar.
½	2 eggs.
1½ tb.	½ c. molasses.
6 tb.	1½ c. flour.
⅛ T.	¾ T. soda.
f.g.	⅛ T. salt.
¼ T.	1½ T. ginger.
2 tb.	½ c. boiling water.

1. Cream the butter and lard, add sugar slowly.
2. Add beaten eggs.
3. Mix boiling water with molasses; add alternately with the sifted dry ingredients.

4. Pour into greased pan; bake in slow oven 50 to 60 mins. (individual, 25 to 30 mins.). Temperature—300° to 325°F.

FRUIT GINGERBREAD.

⅔ tb.	⅓ c. butter or butter and lard.
3 tb.	⅔ c. boiling water.
1 tb.	1 c. molasses.
1 T.	1 egg.
6 tb.	3 c. flour.
¼ T.	1½ T. baking soda.
⅛ T.	1 T. ginger.
⅛ T.	1 T. cinnamon
f.g.	¼ T. cloves.
½ tb.	¼ c. currants.
½ tb.	¼ c. raisins.
½ tb.	¼ c. candied peel.

1. Melt butter in boiling water.
2. Add molasses and egg, well beaten.
3. Sift in flour, soda and spices.
4. Add fruit and peel, which have been floured.
5. Pour into buttered pan.
6. Bake in slow oven 40 to 50 mins. (individual 25 to 30 mins.). Temperature—300° to 325°F

CHOCOLATE CAKE.

⅓ c. butter.
2 c. brown sugar.
2 eggs.
½ c. grated chocolate.
½ c. boiling water.
2 c. flour.
1 T. baking soda.
¼ T. salt.
½ T. vanilla.

1. Cream the butter, add sugar slowly.
2. Add eggs, beaten very light.
3. Melt chocolate over hot water; add boiling water and mix smooth.
4. Finish as gingerbread; bake in slow oven. Temperature—300° to 325°F.

RAISIN CAKE.

½ c. butter.
1 c. sugar.
2 eggs.
1 yolk of egg.
½ c. milk.
2 c. flour.
3 T. baking powder.
1 c. seedless raisins or currants, mixed with
1 tb. flour.

1. Combine as standard cake
2. Bake 40 mins. to 1 hour in moderate oven. Temperature—325° to 350°F.
3. Cover with Boiled Frosting.

SPANISH BUN.

½ c. butter.
1 c. sugar.
2 eggs.
½ c. milk.
2 c. flour.
3 T. baking powder.
2 T. cinnamon.
f.g. nutmeg.

1. Combine as standard cake.
2. Bake in buttered, flat pan, in moderate oven. Temperature—325° to 350°F. Cover with Boiled Frosting, using brown sugar; or
3. If the cake is to be used at once, cover with a meringue. Brown meringue in a slow oven.

SILVER CAKE.

½ c. butter.
1 c. sugar.
2 eggs.
1 c. milk.
1½ c. flour.
½ c. cornstarch.
2 T. baking powder.
1 T. vanilla.

Make as standard cake.

SPICE CAKE.

½ c. butter.
1 c. brown sugar.
2 eggs.
½ c. molasses.
¾ c. sour milk.
1 c. raisins.
1 c. walnuts.
2¾ c. flour.
2 T. baking powder.
½ T. baking soda.
1 T. cinnamon.
½ T. cloves and nutmeg.

1. Combine as standard cake.
2. Bake in moderate oven 45 mins. to 1 hour. Temperature—300° to 350°F.

RICH FRUIT CAKE.

3 tb.	1¼ lbs. butter.
5 tb.	1¼ lbs. light brown sugar.
1	13 eggs.
5¼ tbs.	1¼ lbs. flour.
	2 T. cinnamon.
	1 T. nutmeg.
⅔ T.	½ T. cloves.
	½ T. mace.
2 tb.	2 lbs. currants.
3 tb.	3 lbs. raisins.
1 tb.	½ lb. dates.
1 tb.	½ lb. almonds.
1 tb.	1 lb. citron.
½ tb.	½ c. grape juice.
½ tb.	½ c. strong coffee.

To Mix Cake

1. Cream butter thoroughly.
2. Add sifted sugar slowly; beat until very light.
3. Add one-quarter of flour and spices.
4. Add yolks of eggs, well beaten, then whites, beaten stiff; beat mixture until very light.
5. Add fruit juice and coffee alternately with remaining flour; beat well.
6. Add fruit, one-third at a time.

To Prepare Fruit

1 Pick over, wash and dry currants.

2. Wash, seed and cut the raisins.
3. Wash, dry and stone dates.
4. Cut peel into very thin slices.
5. Blanch almonds and cut into pieces.
6. Mix fruit and nuts; dredge with ⅓ c. of the flour.
7. Dredge citron peel with flour.

To Prepare Pans

1. Line the pans with three thicknesses of paper, carefully fitted at the corners.
2. Butter top layer of paper.

To Cook the Cake

1. Fill pans two-thirds full of the mixture.
2. Smooth over the top.
3. Bake in a very slow oven 3 to 4 hours.

Note.—In the first hour of baking, no change should be noticeable, except that the mixture is more liquid.

4. The cake may be more moist if steamed for part time. Cover with buttered paper. Steam medium-sized cakes 2½ hours, then bake 1 hour. (Individual amount—steam 1 hr., bake 1 hr.). Temperature for baking—250° to 300°F.

This amount makes 4 medium-sized cakes, or a three-layer wedding cake.

LIGHT FRUIT CAKE.

⅙ c.	1 c. butter.
⅓ c.	2 c. sugar.
1	6 eggs.
1 tb.	½ c. milk.
½ c.	3 c. flour.
½ T.	3 T. baking powder.
2 tb.	½ lb. seeded raisins.
2 tb.	½ lb. seedless raisins.
2 tb.	½ lb. dates.
1 tb.	½ lb. almonds.
½ tb.	½ c. citron peel, thin slices.

1. Line pans with buttered paper.
2. Bake in a slow oven 2 hours. Temperature—250° to 325°F.

This amount will make two loaves.

IMPERIAL CAKE.

1 c. butter.
1 c. sugar.
5 eggs.
Grated rind of ½ lemon.
2 T. lemon juice.
½ lb. raisins, seeded and cut.
½ c. walnuts or almonds.
1¾ c. flour.
1 T. baking powder.
¼ T. baking soda.

1. Mix as rich fruit cake.
2. Bake in slow oven 2 to 2½ hours. Temperature—275° to 325°F.

SPONGE CAKE I.

1	4 egg yolks.
⅙ c.	⅔ c. sugar, fruit or fine granulated.
½ T.	½ tb. lemon juice.
¼ T.	Grated rind of ⅓ lemon.
1	4 egg whites.
⅙ c.	⅔ c. flour.
f.g.	⅛ T. salt.

1. Beat yolks of eggs until very thick and light.
2. Add sugar slowly; continue beating.
3. Add lemon juice and rind and whites of eggs beaten stiff.
4. Cut and fold whites into the yolk mixture.
5. When whites are partly blended, fold in the flour.
6. Bake in a buttered and floured pan, in a slow oven 50 mins. to 1 hour. Temperature—275° to 325°F.

SPONGE CAKE II.

½	2 egg yolks.
2½ tb.	¾ c. sugar.
1 tb.	⅜ c. hot water.
½ T.	½ tb. lemon juice.
¼ T.	Grated rind of ⅓ lemon.
½	2 egg whites.
¼ c.	1 c. flour.
⅜ T.	1½ T. baking powder.
f.g.	¼ T. salt.

1. Combine as Sponge Cake I adding hot water to the yolks of eggs and sugar.

POTATO FLOUR SPONGE CAKE.

4 eggs.
⅔ c. sugar.
2 T. lemon juice.
Grated rind of ¼ lemon.
½ c. potato flour.
½ T. salt.

1. Combine yolks of eggs, sugar and flavoring, as for sponge cake.

2. Add ⅓ of stiffly beaten whites; sift over ⅓ flour and salt; fold in lightly.

3. Add remainder of egg whites and flour, one-third at a time.

4. Bake in buttered, floured tube pan in slow oven, 1 hour. Temperature—275° to 325°F.

ANGEL CAKE.

1	Whites of 6 eggs.
2 tb.	¾ c. fruit sugar.
1⅓ tb.	½ c. flour.
¼ tb.	2¼ tb. cornstarch.
1/16 T.	¾ T. cream of tartar.
f.g.	⅙ T. salt.
6 drops	½ T. vanilla.
6 drops	½ T. lemon juice.

1. Sift the fruit sugar 5 times.

2. Sift flour, cream of tartar, cornstarch and salt 5 times.

3. Beat whites of eggs until foamy, add sugar slowly; continue beating.

4. Add flavoring, then lightly fold in the flour, sifting it gradually over the mixture.

5. Turn into unbuttered tube pan.

6. Bake in slow oven 1 hour. Place in centre of oven; door should not be opened during first 20 mins.

7. When done, invert pan on cake-cooler. Let cake hang in the pan until cold.

Temperature—275° to 300°F.

CAKE FILLINGS AND FROSTINGS

WHIPPED CREAM FILLING.

1 c. cream.
¼ c. fruit sugar.
f.g. salt.
½ T. vanilla.

1. Beat cream until stiff.
2. Add fruit sugar gradually; add salt and flavoring.

NUT OR FRUIT FILLING.

1. To Whipped Cream Filling, Butter Icing or Boiled Frosting, add

½ c. chopped fruit—dates, raisins or figs or
¼ c. chopped walnuts or almonds.

COCOANUT FILLING.

White 1 egg.
2 tb. fruit sugar.
f.g. salt.
½ c. freshly grated cocoanut.

1. Beat white until stiff.
2. Add sugar gradually and salt.
3. Add cocoanut.

DATE FILLING.

½ lb. dates.
1 c. water.
½ c. sugar.

1. Wash and stone dates.
2. Add water and sugar; cook until mixture is quite thick; cool.

Chopped nuts may be added.

CREAM FILLING.

3 tb. cornstarch.
5 tb. sugar.
⅛ T. salt.
1 c. milk, heated.
1 egg.
½ T. vanilla.

1. Mix cornstarch, sugar and salt.

2. Add hot milk; cook in double boiler, stirring constantly until thick; continue cooking 15 mins.

3. Add egg, beaten slightly; cook until it thickens.

4. Remove from heat; cool slightly and flavor.

COCOANUT CREAM FILLING.

1. Make as Cream Filling; reduce cornstarch to 2 tb., add ⅓ c. shredded or freshly grated cocoanut.

CHOCOLATE FILLING.

1½ tb. cornstarch.
⅓ c. sugar.
⅛ T. salt.
¾ c. milk.
¾ oz. chocolate.
1 yolk of egg.
¾ T. vanilla.

1. Make as Cream Filling; melt chocolate over hot water and add to thickened milk mixture.

LEMON FILLING.

3 tb. cornstarch.
½ c. sugar.
½ c. boiling water.
1 T. butter.
2 yolks of eggs.
3 tb. lemon juice.
Grated rind of 1 lemon.

1. Mix cornstarch and sugar, add boiling water.

2. Cook, stirring constantly, until thick; continue cooking 10 mins.

3. Add butter and egg yolks, beaten slightly; cook until egg thickens; remove from heat, add lemon juice and rind.

ORANGE FILLING.

3 tb. cornstarch.
½ c. sugar.
½ c. boiling water.
1 T. butter.
2 yolks of eggs.
3 tb. orange juice.
½ tb. lemon juice.
Grated rind of ½ orange.

Make as Lemon Filling.

GENERAL RULES FOR ICING CAKES.

1. A cake should be cold before icing.

2. A fruit cake should be brushed over with white of egg, which should be allowed to dry before putting on an icing. This is to prevent the icing being darkened.

3. To ice the top of a cake only, fasten a strip of glazed paper around the cake, having it extend ¾″ above the top of cake; pour on the frosting. When it is set remove the paper, using a knife dipped in boiling water.

4. Substitutes for frosting on cakes.

(a) Blanched almonds, cut in pieces and sprinkled over the batter before baking.

(b) ¼ c. granulated sugar mixed with ¼ T. cinnamon, sprinkled over the batter.

BUTTER ICING.

1 T.	2 tb. milk, cream, fruit juice or strong coffee.
¾ T.	2 tb. butter.
⅙ c.	1 c. icing sugar, or more.
	Flavoring.

1. Cream the butter with 2 tb. sugar; add liquid gradually.

2. Sift in sugar to make it thick enough to spread.

3. Add flavoring.

VARIATIONS

1. 1½ tb. cocoa (use milk or cream as the liquid).

2. ½ square chocolate,—melt chocolate over hot water; add hot milk or water.

3. Fruit, as crushed strawberries, cherries and grated pineapple, may be added with the fruit juice; flavor with lemon juice.

MOCHA ICING.

3 tb. butter.
1 tb. cocoa.
2 tb. strong coffee.
1 c. icing sugar or more.

1. Make as Butter Icing.

Note.—To have an icing with a smooth glazed surface use the liquid hot or heat the icing slightly over hot water.

COCOANUT FROSTING.

1 white of egg.
2 T. cold water or cocoanut milk.
Icing sugar.
½ T. vanilla.
Few drops lemon juice.
½ c. freshly grated cocoanut.

1. Beat white of egg until stiff; add liquid.
2. Sift in icing sugar until thick.
3. Add cocoanut; spread on cake and sprinkle with more cocoanut if desired.

ORANGE FROSTING.

Grated rind of 1 orange.
½ T. lemon juice.
1 tb. orange juice.
1 yolk of egg.
Icing sugar.

1. Add fruit juices to rind; let stand 15 mins.
2. Strain; add gradually to yolk of egg slightly beaten.
3. Add icing sugar until thick.

BOILED FROSTING.

1c. sugar.
1/16 T. cream of tartar.
⅓ c. boiling water.
1 white of egg.
½ T. vanilla or 1 T. lemon juice.

1. Place sugar, cream of tartar and water in a saucepan; stir, over low heat, until sugar is dissolved.

2. Boil gently, without stirring, until a soft ball is formed when tried in cold water—238°F.

3. Cool syrup gradually; add slowly to white of egg stiffly beaten; continue beating until it thickens; add flavoring.

4. Pour over the cake.

Note.—If syrup is cooled only until it stops bubbling, the icing will be firm and crisp; if cooled more, the white is not cooked to the same extent and a much softer icing results. ½ c. icing sugar may be added to Boiled Icing when it is almost thick enough to spread.

Boiled frosting which will not stiffen may be thickened with icing sugar; or put into a double boiler and stir over gently boiling water until it begins to feel granular around the bottom and sides of boiler then remove from heat.

VARIATIONS.

1. *Light Frosting.*—Make as Boiled Frosting, using 2 whites of eggs.

2. *Maple Frosting.*—Make as Boiled Frosting, using ½ lb. maple sugar, or use ⅔ c. granulated sugar, ⅓ c. maple syrup, 2 tb. boiling water.

3. *Chocolate Frosting.*—Melt 1½ oz. chocolate over hot water; add Boiled Frosting, while beating.

4. *Marshmallow Frosting.*—Make as Boiled Frosting; cut 8 marshmallows in pieces; add to syrup just before beating it into white of egg.

CHOCOLATE GLAZE.

Melt chocolate over hot water; pour over cake iced with boiled frosting, after frosting has set. To prevent chocolate becoming grey, cool it slightly before pouring over cake then let harden slowly.

MARSHMALLOW ICING.

¾ c. sugar.
¼ c. milk.
¼ lb. fresh marshmallows.
2 tb. hot water.
½ T. vanilla.

1. Heat sugar and milk slowly; stir until sugar is dissolved.
2. Boil 5 mins.
3. Break marshmallows in pieces, place in top of double boiler; add hot water, heat till smooth.
4. Add syrup, stirring constantly.
5. Beat till cool, add vanilla; spread on cake.

ALMOND ICING.

1 lb. shelled almonds.
4 yolks of eggs.
1 lb. icing sugar.
1 T. rosewater.
½ T. bitter almond flavoring.

1. Blanch almonds; put through the grinder.
2. Work to a paste; add unbeaten yolks, flavoring and sugar gradually.
3. Work until very smooth; more sugar may be needed.
4. Sprinkle pastry board with icing sugar, place icing on it and roll out to required shape.
5. Moisten top of cake with cold water, press icing on it; let stand 24 hours before frosting.

ORNAMENTAL FROSTING.

3 whites of eggs.
1 lb. icing sugar.
1 tb. lemon juice or
8 or 9 drops acetic acid.

1. Put unbeaten whites into a large bowl, sift in icing sugar; beat vigorously with a wooden spoon.
2. Add lemon juice or acetic acid; beat until stiff. (Test —cut through the icing with a knife; if stiff enough, it holds its shape). More sugar may be required.

Note.—This icing is suitable only for decorating with pastry tubes.

FONDANT ICING.

Bake the cake mixture in individual pans or in large shallow pans. Cool and cut cake in shapes as desired.

To Glaze Cakes.—Beat white of 1 egg slightly; add 1 tb. fruit sugar. Brush cut edges of cake with mixture; let stand several hours or over night.

To Ice.—Make plain fondant; melt over hot water, stirring continuously; thin, if necessary, with hot water; add flavoring and coloring.

Lower each cake into the fondant, using a fork; coat top and sides, lift out, place on board or cake cooler; decorate with nuts, candied fruit, etc.

D. SMALL CAKES

PLAIN COOKIES.

½ tb.	½ c. butter.
1 tb.	1 c. sugar.
1½ T.	2 eggs.
3 tb.	2¼ c. flour.
¼ T.	3 T. baking powder.
4 drops	1 T. vanilla.

1. Cream the butter; add sugar and cream together thoroughly.
2. Add beaten eggs, then flour sifted with baking powder.
3. Chill the dough; roll a little at a time on a lightly floured board; cut in shapes.
4. Bake in a moderate oven 10 to 15 mins.

Temperature—350°F.

HERMITS.

1 tb.	1 c. butter.
1½ tb.	1½ c. brown sugar.
1½ T.	2 eggs.
1 tb.	1 c. raisins.
1 tb.	1 c. dates.
1 T.	⅓ c. nuts.
1/16 T.	½ T. baking soda.
2 T.	2 tb. boiling water.
3 tb.	2¼ to 2½ c. flour.
f.g.	½ T. salt.
1/8 T.	1 T. cinnamon.
f.g.	¼ T. allspice.

1. Cream the butter; add sugar, gradually.

2. Add eggs, well beaten, then fruit and nuts.

3. Add baking soda mixed with boiling water, then the flour, sifted with spices.

4. Drop from a teaspoon on buttered baking sheet 1″ apart.

5. Bake in a moderate oven 12 to 15 mins. Temperature —350°F.

Note.—Test one cake first; more flour may be needed.

CHOCOLATE DROP CAKES.

½ c. butter.
1 c. brown sugar.
1 oz. chocolate.
2 tb. boiling water.
2 eggs.
2 c. flour.
2 T. baking powder.
¼ T. salt.
1 c. fruit—raisins or dates.
1 c. nuts.

1. Make as Hermits.

2. Melt chocolate over hot water, mix with boiling water. Temperature—350°F.

PEANUT COOKIES.

½ tb.	¼ c. butter.
1 tb.	½ c. sugar.
2 T.	2 eggs.
2 tb.	1 c. flour.
¼ T.	2 T. baking powder.
f.g.	½ T. salt.
2 tb.	1 c. finely chopped peanuts.
⅛ T.	1 T. lemon juice.
⅔ T.	2 tb. milk.

1. Make as Hermits.

2. Bake on an unbuttered pan, in a slow oven, 12 to 15 mins. Temperature—300° to 325°F.

3. Test one cake first; more flour may be needed.

OATMEAL COOKIES.

2 tb.	1 c. butter or butter and lard.
2 tb.	1 c. brown sugar.
¼ c.	2 c. rolled oats or oatmeal.
1 tb.	½ c. milk.
3½ tb.	1¾ c. flour.
½ T.	3 T. baking powder.
f.g.	1 T. salt.

1. Cream the butter; add sugar.
2. Add milk and rolled oats.
3. Add flour, sifted with baking powder and salt.
4. The dough should be very soft; chill thoroughly to stiffen the mixture.
5. Roll thin; cut with cookie cutter.
6. Bake in moderate oven 12 to 15 mins. Temperature —325° to 350°F.

Note.—If using rolled oats, these cookies are improved by putting rolled oats through the meat chopper.

OATMEAL DATE CAKES.

1. Use mixture for Oatmeal Cookies.
2. Cut with small, round cutter and place two cookies together, with the following mixture between; or cut with round cutter of medium size; place filling on one-half of each; fold as a turn-over; press edges down.
3. Bake in a moderate oven about 15 mins. Temperature —325° to 350°F.

DATE FILLING.

5 dates	½ lb. dates.
1 tb.	1 c. water.
½ tb.	½ c. sugar.

1. Wash and stone dates; add water and sugar.
2. Cook until mixture is thick; cool.

ROLLED ALMOND WAFERS.

½ tb.	¼ c. butter.
1 tb.	½ c. fruit sugar.
½ tb.	¼ c. milk.
1¾ tb.	⅞ c. bread flour.
5 drops	½ T. vanilla.
1½ T.	⅓ c. almonds, finely chopped.

1. Cream the butter, add sugar gradually.
2. Add milk and flour alternately, then the flavoring.
3. Spread mixture very thinly on buttered baking sheet.
4. Mark in 3″ squares; sprinkle with almonds, blanched and finely chopped.
5. Bake in a slow oven until lightly browned. Temperature—300°F.
6. Draw pan to the oven door; separate the squares, turn them over with broad knife and roll quickly.

COCOANUT MACAROONS.

1	3 egg whites.
⅓ c.	1 c. fruit sugar.
1 T.	1 tb. cornstarch.
½ c.	1½ c. shredded cocoanut.
⅓ T.	1 T. vanilla.

1. Beat whites of eggs until stiff.
2. Add gradually ½ c. sugar; continue beating until mixture holds its shape.
3. Sift remaining sugar and cornstarch over top and fold in lightly.
4. Add cocoanut.
5. Place in top of double boiler; cook over gently boiling water until a crust forms at bottom and sides of pan; fold over once or twice during the cooking.
6. Remove from heat, add flavoring.
7. Drop from a teaspoon on buttered baking sheet.
8. Bake in a slow oven, 20 to 30 mins., until lightly browned. Temperature—250° to 300°F.

VARIATIONS.

CHOCOLATE MACAROONS.

1. Omit the cornstarch, add 2 oz. chocolate.
2. Melt the chocolate over hot water.
3. Add chocolate while the macaroon mixture is cooking.

DATE AND NUT MACAROONS.

1. Omit cocoanut and ½ tb. cornstarch, add

¾ c. chopped walnuts.
¾ c. chopped dates.

CORNFLAKE MACAROONS.

1. Omit cocoanut and cornstarch, add

1 c. cornflakes.
1 c. chopped nuts.

DOUGHNUTS.

1 tb. butter.
⅓ c. brown sugar.
1 egg.
½ c. milk.
2 c. flour.
3 T. baking powder.
½ T. salt.
⅙ T. cinnamon.

1. Cream butter, add sugar and egg beaten until very light.

2. Add milk and sifted flour, baking powder and salt. Mix as little as possible. More flour may be necessary to make dough stiff enough to be rolled.

3. Roll one half of the dough; cut with doughnut cutter.

4. Fry in deep fat which, when tested, browns a cube of bread in 70 secs. Doughnuts should be turned only once in cooking.

5. Lift out, drain on unglazed paper, roll in fruit sugar.

Temperature—355°F.

CREAM PUFFS.

⅓ c. (scant)	1 c. boiling water.
2 tb.	½ c. butter.
⅓ c.	1 c. flour.
1 small.	3 eggs.

1. Add butter to boiling water; heat to boiling.

2. Add flour, all at once, stir over the heat until smooth; cook until mixture leaves the sides of the pan.

3. Chill, add unbeaten eggs, one at a time; stir till smooth after each egg is added.

4. Chill (the mixture should be stiff enough to hold its shape).

5. Place in amounts about the size of a walnut, or force through pastry tube on buttered baking sheet.

6. Bake in moderate oven 30 to 35 mins. They should feel very light when ready to take from oven.

7. Cool, cut opening in side; fill with whipped cream or Cream Filling.

Temperature—400°F reduce to 350F°.

CREAM FILLING.

¼ c.	1 c. milk.
2 tb.	½ c. sugar.
f.g.	¼ T. salt.
½ tb.	2 tb. cornstarch.
2 T.	1 egg.
⅓ T.	1 T. butter.
4 drops	½ T. vanilla.

1. Heat milk.

2. Mix sugar, cornstarch, salt; add hot milk.

3. Cook over hot water, stirring until thick; cook until there is no taste of raw starch.

4. Beat egg, add milk mixture; return to double boiler and cook until egg thickens.

5. Remove from heat, add butter and vanilla.

6. Cool before putting into cream puffs.

CHOCOLATE ÉCLAIRS.

1. Use cream puff mixture; shape on baking sheet 1″ wide and 3″ long; bake.

2. Fill with whipped cream or Cream Filling.

3. Cover top with chocolate frosting.

DATE MERINGUE.

1	4 whites of eggs.
¼ c.	1 c. fruit sugar.
¼ c.	½ lb. shelled almonds.
3 tb.	½ lb. dates.
4 drops	½ T. vanilla.

1. Wash and stone dates; blanch almonds.

2. Put nuts and dates through the food chopper together; add one-half the sugar.

3. Beat whites of eggs stiff, on platter, using wire beater.

4. Add flavoring and remaining half of sugar, gradually.

5. Fold in date mixture, very lightly.
6. Turn into shallow buttered pan (about 7″ by 13″).
7. Bake in very slow oven 1 hour.
8. Cut in bars or squares, while hot; remove to cake cooler.

Temperature—250° to 275°F.

Note.—This mixture may be dropped from a spoon and baked as macaroons.

WALNUT BARS.

6 tb. butter.
1 c. granulated sugar.
2 oz. chocolate.
2 eggs.
1 c. flour.
¼ T. salt.
½ T. vanilla.
¼ c. chopped walnuts.

1. Cream the butter; add sugar and cream together.
2. Add the melted chocolate then the eggs, well-beaten.
3. Sift in the flour and salt; add nuts and vanilla.
4. Spread in a shallow buttered pan, ¾″ thick.
5. Bake in a moderate oven 30 mins.
6. Cut in squares while hot; remove from pan to a cake cooler.

E. PASTRY

Pastry may be divided into two general classes—*plain pastry* and *puff pastry*. The difference depends upon the kind and amount of fat used and the method of mixing and rolling.

Pastry should be light, flaky and tender.

Materials for Pastry

1. Pastry flour should be used; sift before measuring.
2. The fat, for plain pastry, may be lard or a lard substitute, butter or a butter substitute, beef dripping; for puff pastry, butter is necessary.

Essential Points in the Making of Pastry

1. All materials must be cold.
2. Mixing and rolling should be done in a cool room.
3. Pastry is more easily handled and results are improved, if dough is thoroughly chilled before rolling out.
4. Folding should be done so that air is enclosed, otherwise pastry is made tough by much handling.
5. A hot oven is necessary in order to cause a sudden expansion of the air enclosed.

Temperature—450° to 500°F.

PLAIN PASTRY I.

4 tb.	1½ c. flour.
f.g.	⅓ T. salt.
1⅓ tb.	½ c. fat.
About 1 tb.	Cold water.

1. Sift flour and salt.
2. Cut in one-half the fat.
3. Add cold water to make a stiff dough.
4. Roll in rectangular sheet, ⅛″ thick.
5. Place remaining fat in small pieces on half of the sheet.
6. Sprinkle lightly with flour.
7. Fold; press edges down so that air is enclosed.
8. Roll lightly, fold, roll again.

Note.—Very little flour should be needed on board for rolling; if pastry sticks, the dough has been made too soft in mixing or has become too warm. If chilled it will roll more easily.

This amount will make 2 shells.

PLAIN PASTRY II.

4 tb.	1 c. flour.
f.g.	¼ T. salt.
1 tb.	¼ c. fat.
Water.	Cold water.

1. Sift flour and salt.
2. Cut in the fat, using a cake cutter.
3. Take out one-quarter of the mixture.
4. Add cold water to remainder to make a stiff dough.
5. Roll out in rectangular sheet, ⅛″ thick.

6. Spread one-half of sheet with half of the reserved flour and fat.

7. Fold; press edges together; roll out.

8. Spread with remaining fat and flour; fold and roll out.

Note.—For those not expert in pastry making, this method may be more satisfactory than the first. Pastry II should be very tender but is not as flaky as Pastry I.

PASTRY SHELLS FOR PIES.

1. Make plain pastry; roll out $\frac{1}{8}$" thick.

2. Place on outside of shallow pie plate.

3. Prick dough in a number of places with a fork so that shell may keep its shape.

4. Bake in a hot oven. Temperature—475° to 500°F.

Note.—A strip of thin pastry $\frac{1}{3}$" wide may be placed around edge of plate before placing dough for shell, if a thicker edge is desired. Moisten upper side with cold water, place sheet of pastry on plate, press down around edge.

LEMON PIE.

$\frac{3}{4}$ tb.	3 tb. cornstarch or 6 tb. flour.
3 tb.	$\frac{2}{3}$ c. sugar.
$\frac{1}{3}$ c.	1 c. boiling water.
$\frac{1}{3}$	2 yolks of eggs.
$\frac{1}{4}$ T.	1 T. butter.
2 T.	4 tb. lemon juice.
$\frac{1}{8}$ T.	1 T. grated lemon rind.

1. Mix cornstarch and sugar.

2. Add boiling water; stir and cook until there is no taste of raw starch.

3. Beat yolks of eggs; add to hot mixture, first adding a little of cornstarch mixture to the eggs.

4. Cook over low heat until egg thickens; remove from heat.

5. Add butter, lemon juice and rind.

6. Cool a little; pour into baked shell.

7. Cover with meringue; bake in slow oven until meringue is cooked and lightly browned. Temperature for meringue —275°F.

MERINGUE.

2 whites of eggs.
3 tb. fruit, icing or fine granulated sugar.

1. Beat whites until stiff, using wire beater.
2. Add sugar gradually.

CHOCOLATE PIE.

3 tb. cornstarch or 6 tb. flour.
1 c. sugar.
1 oz. chocolate, grated.
1½ c. hot milk.
¼ T. salt.
2 yolks of eggs.
⅛ T. vanilla.

1. Mix cornstarch, sugar and chocolate.
2. Add hot milk; cook over hot water 45 mins., stirring frequently.
3. Add yolks of eggs and salt; cook 3 mins. longer.
4. Remove from heat, cool a little, add vanilla; pour into baked shell.
5. Cover with meringue; brown in a slow oven. Temperature—275°F.

APPLE PIE.

1. Wipe, quarter, core, pare and slice tart apples.
2. Place in buttered baking-dish or deep pie plate; the dish should be very full.
3. Sprinkle with sugar, 1 to 1½ tb. to 1 apple.
4. Add flavoring—cinnamon, nutmeg or lemon juice.
5. Dot over with small pieces of butter; if apples are not juicy, add water ½ tb. to 1 apple.
6. Place narrow strip of pastry around edge of dish. moisten top; place sheet of pastry over; press edges down. The pastry should be scored in centre to allow steam to escape.
7. Bake in hot oven until apples are cooked and pastry is browned—about 30 mins. Temperature—425°F.

APPLE PIE WITH UNDER CRUST.

1. Line a pie plate with pastry.
2. Prepare apples, cut in slices.
3. Fill plate with apples, mounding the centre a little.
4. Sprinkle with sugar (1 to 1½ tb. to 1 apple), nutmeg, cinnamon or lemon juice.
5. Dot over with small pieces of butter.
6. Moisten edge of pastry with cold water.
7. Score upper crust; place over top; press edges down.
8. Bake in hot oven about 40 mins.

Temperature—450°F.; reduce slightly during last 10 mins.

DEEP FRUIT PIES.

1. Butter a baking dish; sprinkle with sugar and bread crumbs, if fruit is juicy.
2. Place pie funnel in centre of dish; fill dish with fruit, sprinkle with sugar and bread crumbs.
3. Cover with pastry which has been scored to allow steam to escape.
4. Bake in hot oven; reduce the heat towards the end of the cooking, to thoroughly soften the fruit.

Note.—Instead of bread crumbs, flour may be used to thicken the juice. Minute tapioca (about 1 tb. to 1 pie) may also be used.

CUSTARD PIE.

2 eggs.
¼ c. sugar.
¼ T. salt.
1½ c. hot milk.
¼ T. vanilla, or
Few gratings nutmeg.

1. Beat eggs slightly; add sugar and salt.
2. Add milk; strain; cool, add flavoring.
3. Pour into pie plate lined with pastry.
4. Place in a hot oven to start the cooking of the pastry then reduce the heat to low temperature for custard. Bake until custard is firm.

Temperature—450°F. for 10 mins., reduce to 325°F.

CHOCOLATE CUSTARD PIE.

2 yolks of eggs.
1 egg.
½ c. sugar.
¼ T. salt.
2 tb. cocoa.
1½ c. hot milk.
⅓ T. vanilla.

1. Beat yolks and whole egg; add sugar, salt and cocoa.
2. Add hot milk slowly; strain, cool, flavor.
3. Bake as Custard Pie.
4. Use 2 whites of eggs as meringue for top.

COCOANUT CUSTARD PIE.

Make as Custard Pie using ½ c. sugar and ½ c. shredded cocoanut. Add cocoanut to the raw custard.

PUMPKIN PIE.

3 c. cooked pumpkin.
1⅓ c. brown sugar.
1 T. ginger.
2 T. cinnamon.
1 T. salt.
4 eggs.
4 c. milk.

1. Press pumpkin through a sieve.
2. Add spices, sugar and salt.
3. Add eggs, well beaten, and milk.
4. Pour into deep pie plates, lined with pastry.
5. Bake as Custard Pie.

Note.—This amount makes three medium-sized pies.

RAISIN PIE.

1½ c. raisins.
1 c. sugar.
1 lemon, juice and grated rind.
1 cracker.

1. Wash raisins, cover with boiling water; let stand 10 mins., then drain; stone, if necessary.
2. Add sugar, lemon and cracker finely rolled.
3. Bake between two crusts 30 to 35 mins. Temperature —450°F. reduce to 400°F.

RAISIN AND RHUBARB PIE.

1 c. rhubarb.
1 c. raisins.
1 c. sugar.
1 lemon, juice and grated rind.
1 egg.

1. Peel rhubarb; cut into one-half inch pieces.
2. Cover with boiling water; let stand 5 mins., drain.
3. Wash raisins; remove seeds, if any.
4. Mix rhubarb and raisins; add other ingredients.
5. Bake 30 to 35 mins. between two crusts. Temperature—450°F, reduce to 400°F.

PRUNE PIE.

½ lb. prunes.
½ c. sugar.
1 tb. lemon juice.
2 T. butter.
1 tb. flour.

1. Wash prunes, soak in water to cover.
2. Cook, below boiling point, until soft; uncover to allow water to evaporate.
3. Remove stones, cut in pieces; add sugar, lemon juice and 1½ tb. prune water.
4. Line plate with pastry; pour in the mixture.
5. Dot over with butter; dredge with flour.
6. Cover with an upper crust.
7. Bake 30 to 35 mins. Temperature—450°F, reduce to 400°F.

BUTTER TARTS.

1 c. sugar.
¼ c. butter.
2 eggs.
1 c. currants or seedless raisins.
2 tb. lemon juice or
½ T. vanilla.

1. Cream the butter; add sugar and mix thoroughly.
2. Add eggs well-beaten, fruit and flavoring.
3. Line patty tins with paste, fill with the mixture; bake in a moderate oven.

Note.—Have oven quite hot at first, then reduce heat. Temperature—450°F, reduce to 400°F.

CHEESE STRAWS.

1. Roll dough into a rectangular sheet ¼″ thick.
2. Sprinkle one-half with grated cheese, fold other half over this; roll lightly.
3. Cut in strips 4″ long and ¼″ wide.
4. Bake in a moderate oven.

CINNAMON SQUARES.

1. Roll dough ¼″ thick; cut in 2″ squares.
2. Sprinkle with sugar and cinnamon (1 T. to 1 c. sugar).
3. Bake in a moderate oven.

Note.—Small scraps of pastry may be used in this way. Lay pieces together one above the other, then roll out.

PUFF PASTRY.

3½ c. flour, sifted.
1 lb. butter.
1 T. salt.
1 T. fruit sugar.
1 white of egg.
1 c. or more cold water.

1. Wash the butter thoroughly in cold water, until it is entirely free from salt; pat and fold to free it from water.
2. Measure 2 tb. and form remaining butter into a flat cake; place on plate in refrigerator.
3. Put flour on a large platter; make a depression in centre; add 2 tb. butter, salt, sugar and egg. Blend thoroughly with the tips of fingers.
4. Add cold water, gradually; mix to a soft dough.
5. Knead the dough until smooth and elastic.
6. Roll into rectangular sheet, put butter in small pieces on one-half of sheet; dredge with flour; fold other half over, press edges together; pat and press out into a long sheet ¼″ thick.
7. Fold the sides and then the ends to the centre; cover, chill, roll out as before. Lift paste often and dredge board to prevent sticking.
8. Repeat until paste has been folded and rolled six times.

9. Chill thoroughly; cut into shapes and chill again until stiff.

Note.—If pastry is to be kept, wrap in a towel. Keep in a cold place.

To Bake Puff Pastry.

1. Cover baking sheet with two thicknesses of heavy white paper.
2. Have oven heated to 525° to 550°F.—the higher temperature if much pastry is being put in at once. Place a few inches above the floor of oven (on the floor of a coal oven.)
3. In 10 mins. reduce the heat and if pastry is beginning to brown on the bottom, slip a pan under the baking sheet. Pastry should rise to full height in 10 to 15 mins.

PATTY SHELLS.

1. Roll puff paste ¼″ thick; cut with a round biscuit cutter.
2. Cut centres from one-half of the pieces with a small cutter.
3. Moisten edges of large rounds with cold water; place rings on these; press together; chill.
4. Bake about 25 mins.
5. Serve filled with creamed chicken, oysters, etc.

Note.—The small rounds cut from the rings may be baked separately and used as covers on shells.

TARTS.

1. Roll puff pastry ¼″ thick; cut in 2½″ squares.
2. Moisten the corners of each square; fold over to centre; press down; chill.
3. Bake about 20 mins.
4. When cold, press down centres; fill with jelly, jam or rich preserved fruit.

CREAM ROLLS.

1. Roll pastry in a long sheet ⅛″ thick; cut in strips 1″ wide and 12″ to 16″ long.

2. Roll the strips around cylindrical moulds, having edges overlapping; chill.

3. Bake until lightly browned; draw to oven door, brush over with white of egg beaten slightly and diluted with 1 T. water; sprinkle with fruit sugar.

4. Return to oven to brown.

5. Remove from moulds; when cold, fill with whipped cream.

CONDÉS.

1. Roll paste $\frac{1}{4}''$ thick; cut in strips $3\frac{1}{2}''$ long and 1′ wide; chill.

2. Bake about 15 mins.; remove from oven and spread with the following mixture:

1 white of egg.
$\frac{3}{8}$ c. fruit sugar.
$1\frac{1}{2}$ tb. shelled almonds.

(a) Beat the white stiff; add sugar gradually.

(b) Fold in almonds, blanched and chopped.

3. Sprinkle with fruit sugar; return to moderate oven to brown.

NOTES

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NOTES

CHAPTER XVII.

DESSERTS

A. HOT PUDDINGS.

LIGHT BATTER PUDDING.

¼ c.	1 c. flour.
⅜ T.	1½ T. baking powder.
f.g.	½ T. salt.
1½ T.	2 tb. sugar.
1½ T.	2 tb. butter or suet.
1½ T.	1 egg.
1 tb.	4 tb. milk.

Method, if using butter:

1. Cream the butter; add sugar gradually, then the egg well-beaten.
2. Add milk and sifted dry ingredients, alternately.
3. Pour into greased pudding moulds; cover.
4. Steam—individual moulds, 45 mins.,
 large mould, 1½ hours.

Method, if using suet:

1. Mix and sift dry ingredients.
2. Add suet, finely chopped.
3. Add well-beaten egg and milk, mixed.

Note.—The mixture should be thin enough to pour readily. If the mould is not fitted with a cover, tie down with buttered paper.

VARIATIONS.

1. ¼ c. raisins, currants, dates or figs, floured and added to the batter.
2. 2 tb. marmalade, added to the batter.
3. Place a thick layer of sliced apples in bottom of mould; sprinkle with sugar and nutmeg; pour batter over and steam.
4. A layer of jam or marmalade placed in the bottom of mould.
5. For ginger pudding, sift ¾ T. ginger with the flour.

DARK BATTER PUDDING.

¼ c.	1 c. flour.
⅜ T.	1½ T. baking powder.
f.g.	½ T. salt.
⅛ T.	½ T. mixed spice (¼ T. cinnamon, ⅛ T. cloves, ⅛ T. nutmeg).
1½ T.	2 tb. sugar.
1½ T.	2 tb. butter or suet.
1½ T.	1 egg.
½ tb.	2 tb. molasses.
½ tb.	2 tb. milk.

Prepare and steam as light batter.

Variations

¼ c. currants, raisins, dates or figs, floured and added to the batter.

CARROT PUDDING.

1 tb.	1 c. grated carrot.
1 tb.	1 c. grated potato.
1 tb.	1 c. bread crumbs.
1 tb.	1 c. raisins.
1 tb.	1 c. currants.
1 tb.	1 c. brown sugar.
¾ tb.	¾ c. suet, finely chopped.
1 T.	2 tb. sour milk.
1/16 T.	½ T. baking soda.
½ tb.	½ c. flour.
f.g.	1 T. salt.
⅛ T. spice	1 T. cinnamon.
	⅛ T. nutmeg.
	½ T. allspice.

1. Mix ingredients in the order given.
2. Turn into well-greased moulds; cover and steam—individual moulds, 1¼ hours; large moulds, 3 hours.

GRAHAM PUDDING.

1½ c. Graham flour.
½ T. salt.
¼ c. brown sugar.
1 c. raisins
1 egg.
½ c. milk
¼ c. molasses.
3 tb. butter (melted).
½ T. soda.
½ tb. boiling water.

1. Mix flour, sugar and salt; add raisins.
2. Add well-beaten egg and milk mixed; then molasses and melted butter.
3. Add soda dissolved in boiling water; turn at once into well-greased mould. Steam as Fruit Pudding.

DATE PUDDING.

1½ c. flour.
¼ T. salt.
¼ T. cinnamon.
⅛ T. cloves.
⅛ T. nutmeg.
¼ c. molasses.
½ c. milk.
3 tb. butter (melted).
½ lb. dates, stoned and cut.
½ T. soda.
1 tb. boiling water.

Mix and steam as Graham Pudding

PLUM PUDDING.

3 lb. raisins.
¼ lb. lemon peel.
¼ lb. citron peel.
1 lb. suet.
1 lb. brown sugar.
4 c. bread crumbs.
4 tb. flour.
½ T. salt.
1 T. cinnamon.
½ T. nutmeg.
¼ T. cloves.
¼ T. allspice.
1 T. baking soda.
8 eggs.
½ c. grape juice.

1. Chop raisins; cut peel into thin slices, sprinkle with flour.
2. Remove membrane from suet; chop finely.
3. Sift flour, baking soda, salt and spices.
4. Add sifted sugar.
5. Add bread crumbs, suet and fruit.
6. Mix well; add grape juice and well-beaten eggs.

7. Pour into three well-greased moulds; cover.

8. Steam 4 hours; if cooked in one amount, steam 6 hours.

FRUIT SHORTCAKE.

4 tb.	2 c. flour.
½ T.	4 T. baking powder.
⅛ T.	½ T. salt.
½ tb.	4 tb. fat.
1⅓ tb.	⅔ c. milk.
	Fruit.
2 T.	Fruit sugar.

1. Mix first five ingredients as for Tea Biscuit.

2. Toss on floured board; roll to ⅓″ thickness.

3. Make into two cakes or shape with cookie cutter.

4. Put two pieces together; place in a greased pan and bake 20 mins. in a hot oven.

5. Prepare fruit, mash part of it; sweeten, let stand for a short time.

6. When cakes are baked, place on serving dish, remove upper half; spread mashed fruit over lower, replace upper; cover with mashed fruit or place on it whole fruit and dust with fruit sugar.

7. Serve with whipped cream.

Note.—Bananas, fresh or preserved strawberries, raspberries or peaches may be used.

DUTCH APPLE CAKE.

½ tb.	¼ c. butter.
½ tb.	¼ c. sugar.
1 T.	1 egg.
2 tb.	⅔ c. milk.
4 tb.	2 c. flour.
½ T.	3½ T. baking powder.
⅛ T.	½ T. salt.
¼	2 apples.
	⅛ T. cinnamon.
1 T.	2 tb. sugar.

1. Cream the butter, add sugar gradually.

2. Add well-beaten egg.

3. Mix and sift flour, baking powder, salt.

4. Add flour alternately with the milk.
5. Spread in a well-greased pan.
6. Wipe, quarter, core and pare apples; cut in eighths.
7. Place apples on batter in rows, pressing sharp edges into batter.
8. Sprinkle with sugar and cinnamon mixed.
9. Bake in a moderate oven 30 to 40 mins.
10. Serve hot with cream or a pudding sauce.

Note.—This mixture may be combined as in tea biscuit method.

FRUIT ROLY POLY.

4 tb.	1 c. flour.
½ T.	2 T. baking powder.
⅛ T.	¼ T. salt.
1½ T.	2 tb. shortening.
1⅓ tb.	⅓ c. milk.

1. Make as Tea Biscuit.
2. Roll ¼″ thick; spread with 1 c. grape jam or other fruit.
3. Roll, place on a plate dredged with flour; cover with a cloth and steam 45 mins.
4. Serve with sugar and cream or a sauce.

STEAMED APPLE PUDDING.

½	6 apples.
½ tb.	6 to 8 tb. sugar.
4 tb.	1½ c. flour.
½ T.	3 T. baking powder.
⅛ T.	½ T. salt.
2 T.	3 tb. shortening.
2 tb.	¾ c. milk.

1. Wipe, quarter, core, pare and slice apples.
2. Spread in buttered baking-dish; sprinkle with sugar.
3. Steam, until apples are nearly tender.
4. Combine remaining ingredients as tea biscuit mixture.
5. Pour over apples, cover; steam 20 to 25 mins. longer.
6. Serve with sugar and cream or a sauce—Lemon. Caramel or Brown Sugar.

APPLE DUMPLINGS.

4 tb.	2 c. flour.
½ T.	4 T. baking powder.
⅛ T.	½ T. salt.
½ tb.	4 tb. fat.
1 tb.	⅔ c. milk.
1	6 apples.
1 tb.	6 tb. sugar.
f.g.	½ T. cinnamon.

1. Mix first five ingredients as for Tea Biscuit.
2. Roll into a thin sheet; cut into 6 rounds.
3. Wipe, core and pare apples; place on dough and fill centres with mixed cinnamon and sugar.
4. Draw dough up around apple to cover.
5. Steam or bake until apples are tender.
6. Serve with cream and sugar or a pudding sauce.

COTTAGE PUDDING.

½ tb.	¼ c. butter.
1½ tb.	⅔ c. sugar.
2 T.	1 egg.
1 tb.	½ c. milk.
3½ tb.	1¾ c. flour.
½ T.	3 T. baking powder.
f.g.	½ T. salt.

1. Cream the butter; add sugar gradually.
2. Add egg, well beaten.
3. Mix and sift flour, baking powder and salt; add alternately with the milk.
4. Turn into buttered baking pan; bake in a moderate oven 35 to 40 mins.
6. Serve with a hot pudding sauce.

B. MILK PUDDINGS

CARAMEL FLAVORING.

1 c. sugar.
1 c. boiling water.

1. Melt sugar in frying pan an brownd slightly.

2. Add water slowly; cook until consistency of syrup.

Note.—Sugar begins to caramelize when the melted sugar bubbles. Caramel may be kept for flavoring desserts and sauces. *For coloring gravy and sauces,* sugar may be melted then allowed to change to dark brown color; add water and finish as caramel.

JUNKET.

¼ c.	2 c. milk.
⅔ T.	1 tb. sugar.
¼ T.	½ tb. liquid rennet.
	Flavoring.

1. Heat milk to lukewarm.
2. Add sugar, stir till dissolved.
3. Add rennet, mix thoroughly.
4. Pour into serving dish; sprinkle with nutmeg or cinnamon, or add vanilla.
5. Set in a warm place till firm then chill.
6. Serve with cream and sugar, fresh or preserved fruit, or jelly.

Note.—1 rennet tablet, dissolved in 1 tb. cold water, makes 1 tb. rennet solution which is sufficient for 1 qt. milk.

CARAMEL JUNKET.

¼ c.	2 c. milk.
1½ T.	2 tb. sugar.
½ T.	2 tb. caramel.
3 drops	¼ T. vanilla.
⅓ T.	½ tb. liquid rennet.

Make as Junket.

CUSTARD JUNKET.

¼ c.	2 c. milk.
1 T.	1 egg or 2 yolks.
1 T.	1½ tb. sugar.
	f.g. salt.
4 drops	¼ T. vanilla or
	Few gratings nutmeg.
⅓ T.	⅔ tb. liquid rennet.

1. Beat egg, add sugar and salt.

2. Heat milk, add to egg and sugar.
3. Strain, flavor, cool until lukewarm.
4. Add dissolved rennet.
5. Finish as Junket.

FRUIT JUNKET.

¼ c.	2 c. milk.
1½ T.	2 tb. sugar.
	f.g. salt.
¼ T.	½ tb. liquid rennet.
⅙	1 banana.
3	2 tb. almonds.

1. Blanch almonds; cut in pieces.
2. Cut banana in small pieces; place nuts and banana in serving dish.
3. Add remaining ingredients, combined as for Junket.
4. Finish as Junket.

FIRM CUSTARD.

¼ c.	1 c. milk.
1 T.	1 to 2 tb. sugar.
f.g.	⅛ T. salt.
2 T.	1 egg or 2 yolks.
4 drops	Flavoring—¼ T. vanilla, or
½ T.	2 T. caramel and ⅛ T. vanilla, or
f.g.	few gratings nutmeg.

Note.—If custard is cooked in large amount, use 3 eggs to 1 pt. milk.

1. Beat eggs slightly, add sugar and salt.
2. Heat milk, add to egg mixture slowly, stir until sugar is dissolved; add flavoring.
3. Strain; pour into custard cups.

To Steam.

1. Place in steamer over gently boiling water.
2. Steam till firm.

To Oven-poach.

1. Place in pan of hot water; cook in moderate oven until firm.

Temperature—325°F.

To Test.—Insert a silver knife in centre of custard. If custard is cooked, the knife comes out clean.

If cooked too long or at too high a temperature, a custard curdles.

CHOCOLATE CUSTARD.

1. Add to firm custard mixture ¼ oz. chocolate and ¼ T. vanilla.
2. Melt chocolate over hot water, add sugar and egg; finish as Firm Custard.

COFFEE CUSTARD

1. Scald 1 tb. finely ground coffee with 1 c. milk; strain through close cotton.
2. Finish as Firm Custard.

WHITE CUSTARD.

⅓ c.	1 c. milk.
1	3 whites of eggs.
1 T.	1½ tb. sugar.
f.g.	⅛ T. salt.
4 drops	¼ T. vanilla or f.g. nutmeg.

Make as Firm Custard.

SOFT CUSTARD.

¼ c.	2 c. milk.
2 T.	4 yolks of eggs.
1½ T.	4 tb. sugar.
f.g.	¼ T. salt.
4 drops	½ T. vanilla.

1. Heat milk.
2. Mix eggs, sugar and salt, add hot milk slowly.
3. Cook over hot water, stirring constantly, until thick enough to coat a silver spoon; strain, cool, flavor.

FLOATING ISLAND.

1. Make Soft Custard; pour into serving-dish.
2. Garnish with meringue dropped in large spoonfuls on the custard.

Meringue for Floating Island

1 white of egg.
1½ tb. sugar.
f.g. salt.

1. Beat white until stiff; add sugar gradually.
2. Flavor with a few drops of vanilla, if desired.

ORANGE CUSTARD.

2 c. Soft Custard.
4 sweet oranges.
2 tb. fruit sugar.

1. Peel oranges, divide into sections, remove skin completely from each section.
2. Place in serving dish, sprinkle with sugar; chill.
3. Cool the custard; pour over oranges.
4. Garnish with meringue or whipped cream.

Note.—Oranges may be sprinkled with shredded cocoanut before adding custard.

BREAD PUDDINGS

Bread puddings are custards in which 1 c. bread crumbs may be substituted for 1 egg when 1 pint milk is used. If bread is very stale use ⅔ c. crumbs.

They are combined and cooked as firm custards.

PLAIN BREAD PUDDING.

¼ c.	2 c. hot milk.
2 tb.	1 c. bread crumbs.
1 T.	1 egg.
1 T.	2 to 4 tb. sugar.
f.g.	¼ T. salt.
1 T.	2 tb. butter.
4 drops	½ T. vanilla.

1. Add crumbs to milk; let stand till very soft.
2. Beat egg slightly, add sugar, salt and milk mixture; beat until very smooth.
3. Add butter and vanilla.
4. Pour into buttered baking-dish; oven-poach until firm—large amount, about 1 hour; individual, about 20 mins.

Temperature—325°F.

CHOCOLATE BREAD PUDDING.

Omit butter from Plain Bread Pudding; add

⅛ oz.	1 oz. chocolate.
1 T.	2 tb. sugar.

1. Melt chocolate over hot water; add milk mixture very slowly.
2. Finish as Plain Bread Pudding.

LEMON BREAD PUDDING.

To Plain Bread Pudding add:

½ T.	1 tb. lemon juice.
½ T.	½ tb. grated lemon rind.

Add lemon juice very slowly to pudding mixture.

COCOANUT BREAD PUDDING.

Make Plain Bread Pudding, using only ⅔ c. crumbs; add

½ tb.	⅓ c. shredded cocoanut.
¼ T.	½ tb. lemon juice.

WALNUT BREAD PUDDING.

Omit butter from Plain Bread Pudding; add

½ tb.	½ c. chopped walnuts.
¼ T.	1 T. vanilla.

QUEEN'S PUDDING.

1. Make Plain Bread Pudding; when cooked, spread with jelly or jam.
2. Garnish with meringue; return to slow oven to cook and brown.
3. Serve hot or cold.

BREAD AND BUTTER PUDDING.

1. Cut stale bread into ⅓″ slices; spread with butter and cut into ½″ strips.

2. Place strips in buttered baking dish.
3. Sprinkle layer with a few raisins, washed and stoned.
4. Place second layer of bread strips in opposite direction; repeat until dish is ⅔ full, having buttered bread on top.
5. Pour in raw custard to nearly fill the dish; let stand ½ to 1 hour; oven-poach.

Custard for Bread Pudding.

1 egg.
2 to 4 tb. sugar.
¼ T. salt.
½ T. vanilla.
2 c. milk.

CAKE DESSERTS

TRIFLE.

½ sponge cake	2 c. stale cake.
½ peach	Fruit (6 to 8 halves of peaches).
1½ T.	⅓ c. fruit juice.
¼ c.	2 c. soft custard.

1. Cut cake in uniform pieces, according to shape of serving dish; arrange in dish.
2. Sprinkle with fruit juice.
3. Add fresh or cooked fruit, cut in pieces.
4. Make soft custard; cool and pour over fruit and cake.
5. Garnish with meringue or whipped cream, cherries or red jelly. Blanched almonds and raspberry jam may be added.

GIPSY PUDDING.

Cake	Stale cake.
Jam	Jam.
¼ c.	1 c. milk.
1 T.	1 egg.
1 T.	1 tb. sugar.
4 drops	Flavoring.

1. Cut cake into slices; arrange layers of cake and jam in buttered pudding dish, having cake on top.
2. Make raw custard mixture of milk, eggs, sugar and flavoring.
3. Pour custard over cake; let stand 15 mins.

4. Oven-poach till almost firm.
5. Cover with a meringue; return to slow oven to cook and brown.

CABINET PUDDING.

½ c. fruit (currants, raisins, citron peel).
2 c. milk.
2 to 4 tb. sugar.
½ T. salt.
2 eggs.
Stale cake.

1. Butter a pudding mould; sprinkle bottom with fruit.
2. Cover with a layer of cake cut in slices; repeat layers, having cake on top.
3. Beat eggs, add sugar, salt and milk.
4. Pour over cake in mould; cover, let stand 1 hour.
5. Steam 1¼ hours; serve hot with a light pudding sauce.

CORNSTARCH, RICE AND TAPIOCA DESSERTS

General proportions for a soft cornstarch mould—

2 tb. cornstarch mixed with
2 tb. cold milk to
1 c. hot milk.

In recipes of 2 c. liquid or more, 1 egg or 2 whites may be used to substitute 1 tb. cornstarch.

Cornstarch mixtures should be given a long cooking to improve the flavor.

BLANC MANGE.

⅓ c.	2 c. hot milk.
2 T.	4 tb. cornstarch.
1 T.	2 tb. sugar.
f.g.	⅛ T. salt.
1 tb.	¼ c. cold milk.
3 drops	½ T. vanilla.

1. Mix cornstarch, sugar and salt with cold milk.
2. Add slowly to hot milk in double boiler.
3. Stir constantly until thick.
4. Cover and cook 45 mins., stirring every 10 mins.
5. Remove from heat, add flavoring; pour into moistened moulds, chill.

6. Serve with raw or canned fruit, jelly or sugar and cream.

CHOCOLATE BLANC MANGE.

⅓ c.	2 c. milk.
1 T.	3 tb. cornstarch.
1½ T.	⅓ c. sugar.
f.g.	⅛ T. salt.
1 tb.	¼ c. cold milk.
1 T.	1 oz. chocolate.
4 drops	½ T. vanilla.

1. Make as plain blanc mange.
2. Melt chocolate over hot water; add when milk mixture begins to thicken.

CARAMEL PUDDING.

3 tb.	1¼ c. sugar, brown or white.
3 tb.	½ c. boiling water.
⅓ c.	2 c. scalded milk.
1 tb.	4½ tb. cornstarch.
f.g.	¼ T. salt.
1 tb.	½ c. cold milk.
	1 egg.
4 drops	½ T. vanilla.

1. Melt sugar to caramel; add boiling water gradually; cook until caramel is fairly thick.
2. Mix cornstarch, salt and cold milk; add gradually to hot milk in a double boiler.
3. Stir constantly and as mixture begins to thicken add caramel.
4. Cook 45 mins., stirring every 10 mins.
5. Add egg, well beaten; cook 5 mins. longer.
6. Add flavoring, pour into serving-dish.
7. Chill, serve with cream and sugar.

BUTTERSCOTCH PUDDING.

4 tb. butter.
3½ tb. cornstarch.
1 c. brown sugar.
2¼ c. milk.
1 egg or 2 yolks.
½ T. salt.
1½ tb. caramel.

1. Melt butter, add cornstarch; blend well.
2. Add sugar, then the scalded milk.
3. Cook over hot water, stirring constantly until thick.
4. Cook 45 mins., stirring every 10 mins.
5. Add egg, well beaten, caramel and salt.
6. Cook 5 mins. longer; pour into serving dish; serve with cream and sugar.

CORNSTARCH SOUFFLÉ.

⅓ c.	2 c. scalded milk.
½ tb.	3 tb. cornstarch.
1½ T.	¼ c. sugar.
f.g.	⅛ T. salt.
1 tb.	⅛ c. cold milk.
⅓	1 egg or 2 whites.
3 drops	½ T. vanilla.

1. Mix cornstarch, sugar and salt with cold milk.
2. Add gradually to hot milk, stirring constantly, until thick.
3. Cook 45 mins., stirring every 10 mins.
4. Add yolk of egg, well beaten; cook 5 mins.
5. Add vanilla and beaten whites; beat with wire beater until well blended.
6. Turn into serving dish or moistened moulds.
7. Serve with sugar and cream or Custard Sauce.

PINEAPPLE SOUFFLÉ.

Make as Cornstarch Soufflé, omitting ¼ c. hot milk; add ⅓ c. grated pineapple and juice just before adding whites of eggs.

LEMON SNOW.

2 tb.	⅔ c. sugar.
Piece	Few shavings lemon rind.
⅓ c.	1⅓ c. boiling water.
½ tb.	3 tb. cornstarch.
½ tb.	⅙ c. cold water.
½ tb.	⅙ c. lemon juice.
⅓	2 whites of eggs.

1. Make a syrup of sugar, water and lemon rind; boil 3 mins., remove rind.
2. Mix cornstarch with cold water, add gradually to

syrup, stir until thick; cook until there is no taste of raw starch.

3. Set back; add strained lemon juice and whites of eggs beaten stiff.

4. Beat with wire egg beater; turn into moistened moulds, chill.

5. Serve with Lemon Custard Sauce.

POMPADOUR PUDDING.

⅓ c.	2½ c. milk (scalded).
	Thin shavings orange rind.
2 T.	5 tb. cornstarch.
1½ T.	½ c. sugar.
f.g.	⅛ T. salt.
1 tb.	½ c. cold milk.
1 T.	2 yolks of eggs.
4 drops	1 T. vanilla.

1. Scald milk with orange rind, remove rind.

2. Mix cornstarch, sugar and salt with cold milk.

3. Add to hot milk; stir and cook until thick.

4. Cover and cook 45 mins., stirring every 10 mins.

5 Add yolks of eggs, well-beaten. Cook 3 mins. longer; add vanilla.

6. Turn into pudding dish, cover with meringue, bake in slow oven. Prepare the day before using; keep in a cold place.

Meringue.

2 whites of eggs.
3 tb. sugar.
1 oz. chocolate.
2 tb. milk.

1. Melt chocolate over hot water; cool slightly.

2. Beat eggs until stiff; add sugar gradually, then beat melted chocolate and milk.

RICE PUDDING.

⅓ c. rice.
½ T. salt.
⅓ c. sugar.
g.f. nutmeg.
⅓ T. vanilla.
3 c. milk.

1. Wash rice and boil in water 10 mins.
2. Drain and add remaining ingredients.
3. Pour into greased baking dish; place in pan of hot water and bake 2 to 3 hrs. in a slow oven.
4. Stir frequently until pudding is nearly cooked then brown slightly.

BAKED RICE CUSTARD.

1½ c. cooked rice.
½ c. brown sugar.
2 tb. butter.
2 eggs.
3 c. milk.
¾ c. { raisins / currants / dates.
1 T. vanilla or grated lemon rind.

1. Combine all ingredients except whites of eggs.
2. Place in greased baking dish in pan of water.
3. Bake in moderate oven till set.
4. Make a meringue of whites and 2 tb. sugar; arrange on top of pudding and brown in slow oven.

APPLE TAPIOCA.

1 tb.	¾ c. pearl tapioca.
½ c.	2½ c. boiling water.
1/16 T.	½ T. salt.
⅓	6 or 7 sour apples.
2	Whole cloves.
2 T.	½ c. sugar.

1. Soak tapioca several hours in enough cold water to cover.
2. Drain; add boiling water and salt, cook in double boiler until almost transparent.
3. Wipe, core and pare apples; stick two or more cloves in each.
4. Place in buttered pudding dish; fill centres with sugar.
5. Pour tapioca over apples; bake in a moderate oven till apples are soft.
6. Serve with sugar and cream.

Variations.

1. Pears, peaches, plums or pineapple may be used instead of apples.
2. Tapioca may be cooked in canned fruit juice instead of water.
3. Sago may be used.

TAPIOCA CUSTARD.

2 tb.	¼ c. pearl tapioca.
¼ c.	2¼ c. milk.
¼	2 eggs.
½ tb.	⅓ c. sugar.
f.g.	⅛ T. salt.
4 drops	½ T. vanilla.

1 Wash tapioca; soak several hours in cold water to cover.
2. Add milk; cook over boiling water until tapioca is clear.
3. Beat eggs, add sugar, salt and hot milk mixture slowly.
4. Return to double boiler; cook until egg thickens.
5. Remove from heat; flavor.

Note.—Whites of eggs may be beaten stiff and folded in at the last as in Cornstarch Soufflé.

CHERRY TAPIOCA.

1½ T.	1½ tb. minute tapioca.
1½ T.	2 tb. sugar.
f.g.	1/16 T. salt.
¼ c.	1 c. boiling water.
2 tb.	½ c. cherry juice.
½ T.	Juice ½ lemon.
1 T.	½ c. canned cherries.

1. Place tapioca in upper part of double boiler; add sugar, salt and boiling water.
2. Cook 15 mins.; remove from heat.
3. Add fruit juices and cherries.
4. Turn into serving dish; serve cold with cream and sugar.

FRUIT SAGO.

2 T.	¼ c. sago.
⅓ c.	1¾ c. fruit juice { ¼ c. lemon juice. ½ c. orange juice. 1 c. pineapple juice.
2 T.	¼ c. sugar.
1 T.	⅓ c. shredded pineapple.
⅓	2 whites of eggs.

1. Wash sago, soak 1 hour in cold water to cover.
2. Add fruit juice, cook until clear.
3. Add sugar, stir till dissolved.
4. Remove from heat; fold in whites of eggs stiffly beaten; add pineapple.
5. Turn into serving dish.

C. GELATINE DESSERTS

General Proportions—

½ tb. granulated gelatine or ⅛ oz. sheet gelatine to 1 c. liquid (if sugar is used it is counted with the liquid).

If no acid is present, as in coffee jelly, use ⅓ tb. gelatine to 1 c. liquid.

General Rules—

Soften gelatine in cold water; dissolve in hot liquid. Boiling toughens gelatine. Strain mixtures through a cheesecloth which has been moistened with hot water.

Gelatine mixtures should be kept covered.

LEMON JELLY.

¾ T.	1 tb. gelatine.
1 tb.	¼ c. cold water.
¼ c.	1 c. boiling water.
1½ tb.	½ c. sugar.
1 piece	Thin shavings of ¼ lemon rind.
¾ tb.	¼ c. lemon juice.

1. Soften gelatine in cold water.
2. Make a syrup of boiling water, sugar and lemon rind; boil 5 mins.

3. Pour over softened gelatine, stir till dissolved; add lemon juice, strain.

4. Turn into a moistened mould; chill.

5. Serve with cream and sugar or Custard Sauce.

FRUIT JELLY.

1 T.	1 tb. gelatine.
1 tb.	¼ c. cold water.
⅓ c.	1¾ c. fruit syrup.
	Cooked fruit sections.

1. Heat syrup which has been sweetened and flavored to taste.

2. Finish as Lemon Jelly, chill, stir occasionally.

3. When jelly begins to thicken, add the fruit; or arrange fruit sections in moistened mould and pour in the jelly mixture.

Use canned fruit as—cherries, strawberries, peaches, pineapple.

ORANGE JELLY.

1 T.	1 tb. gelatine.
1 tb.	¼ c. cold water.
2 tb.	½ c. boiling water.
1½ tb.	½ c. sugar.
2 tb.	¾ c. orange juice.
1 T.	1½ tb. lemon juice.

1. Make as Lemon Jelly.

Note.—This is a good basis in which to mould canned peaches, or a combination of fruits, as oranges and cooked pineapple. Fresh pineapple contains a principle which digests gelatine and therefore cannot be used.

JELLIED APPLES.

⅓	4 apples.
2 T.	½ c. sugar.
¼ c.	¾ c. boiling water.
Piece	Thin shavings of ¼ lemon rind.

1. Make a syrup of sugar, water and lemon rind; boil 3 mins., remove rind.

2. Wipe, quarter, core and pare apples; cut in eighths.
3. Cook apples slowly in syrup until clear; lift out carefully; measure syrup, add water to make it up to 1½ c. (⅓ c. individual).

1 T.	1 tb. gelatine.
1 tb.	¼ c. cold water.
⅓ c.	1½ c. apple syrup.
1 tb.	3 tb. lemon juice.

4. Make as Lemon Jelly; when partly set, mould apple sections in the jelly.

JELLIED PRUNES.

3	½ lb. prunes.
⅓ c.	3 c. cold water.
2 tb.	1 c. sugar.
1 T.	2 tb. gelatine.
1 tb.	½ c. cold water.
1 tb.	¼ c. lemon juice.

1. Wash prunes; soak over night in cold water.
2. Cook slowly until tender in water in which they were soaked.
3. Drain; measure prune water (there should be 2 c. [¼ c. individual]).
4. Make jelly, chill; when it begins to set, add prunes.
5. Serve with cream and sugar or Custard Sauce.

COFFEE JELLY.

¾ T.	1¼ tb. gelatine.
1 tb.	½ c. cold water.
2 tb.	½ c. boiling water.
2 T.	⅓ c. sugar.
¼ c.	2 c. coffee infusion

1. Make as Lemon Jelly; serve with cream and sugar.

COFFEE CREAM.

¾ T.	1¼ tb. gelatine
1 tb.	⅓ c. cold water.
3 tb.	¾ c. strong coffee.
2 T.	⅓ c. sugar.
3 tb.	1½c. rich milk or cream.

1. Soften gelatine in cold water; dissolve in hot coffee.

2. Add sugar, strain; add milk.
3. Pour into mould or serving dish, chill.

SNOW PUDDING.

¾ T.	1 tb. gelatine.
1 tb.	¼ c. cold water.
2 tb.	⅔ c. boiling water.
2 tb.	⅔ c. sugar.
1 piece	Thin shavings of ¼ lemon rind.
½ tb.	3 tb. lemon juice.
½	2 whites of eggs.

1. Prepare first six ingredients as Lemon Jelly.
2. Chill; stir occasionally.
3. When partly set, beat until foamy; add whites of eggs beaten stiff and beat until mixture begins to stiffen.
4. Turn into moistened mould or pile lightly in serving dish.
5. Serve with Custard Sauce.

Note.—1 white of egg and ⅓ c. cream whipped, may be used instead of 2 whites.

PINEAPPLE SPONGE.

1. Make as Snow Pudding using 1 tb. lemon juice and 2 tb. pineapple juice; fold in ½ c. grated pineapple just before turning into mould.

BANANA SPONGE.

¾ T.	1 tb. gelatine.
1 T.	¼ c. cold water.
1½ T.	⅓ c. boiling water.
1½ T.	½ c. sugar.
2 T.	2 tb. lemon juice.
2 tb.	⅔ c. banana pulp.
⅓	2 whites of eggs.

1. Prepare first five ingredients as Lemon Jelly.
2. Chill, stir occasionally.

3. When partly set, add banana pulp; beat until foamy.
4. Finish as Snow Pudding.

GRAPE SPONGE.

¾ T.	1 tb. gelatine.
2 T.	¼ c. cold water.
2 T.	¼ c. boiling water.
½ tb.	3 tb. sugar.
½ T.	1 tb. lemon juice.
2 tb.	⅔ c. grape juice.
⅓	2 whites of eggs.

Make as Snow Pudding.

CUSTARD SPONGE.

1 T.	1 tb. gelatine.
2 T.	¼ c. cold water.
¼ c.	1¾ c. milk.
⅓	2 yolks of eggs.
½ tb.	⅓ c. sugar.
f.g.	⅛ T. salt.
4 drops	1 T. vanilla.
⅓	2 whites of eggs.

1. Soften gelatine in cold water.
2. Mix yolks of eggs, sugar and salt; add hot milk.
3. Cook as soft custard, pour over softened gelatine; strain, cool.
4. Finish as Snow Pudding.

VELVET CREAM.

1 T.	1 tb. gelatine.
1 tb.	¼ c. cold water.
½ tb.	¼ c. lemon juice.
¼ c.	1 c. rich milk or cream.
1½ tb.	½ c. sugar.
2 T.	½ c. cream, whipped.

1. Soften gelatine in cold water.
2. Heat milk, add sugar, stir till dissolved; pour over softened gelatine.
3. When partly set, beat till foamy; add lemon juice.
4. Fold in whipped cream; turn into serving dish.

BAVARIAN SPONGE.

¾ T.	1 tb. gelatine.
1 tb.	¼ c. cold water.
2½ tb.	1 c. orange juice.
2 T.	3 tb. lemon juice.
2½ tb.	1 c. sugar.
1	4 eggs.
1	Lady fingers.

1. Soften gelatine in cold water.
2. Mix fruit juice, sugar and yolks of eggs; cook over hot water as a soft custard.
3. Pour over softened gelatine, strain, chill; stir occasionally.
4. Finish as Snow Pudding.

CHARLOTTE RUSSE.

¾ T.	1 tb gelatine.
1 tb.	¼ c. cold water.
2 tb.	⅓ c. hot milk.
1½ tb.	⅓ c. fruit sugar.
⅛ T.	1½ T. vanilla.
2 tb.	2 c. cream (whipped).
1	6 lady fingers.

1. Soften gelatine in cold water; dissolve in hot milk.
2. Strain, add sugar, stir until dissolved; flavor.
3. Chill, stirring occasionally.
4. When partly set, beat until foamy then beat in a little of the whipped cream and fold in the remainder.
5. Turn into a mould or serving dish which has been lined with lady fingers or slices of sponge cake.

ORANGE CHARLOTTE.

¾ T.	1 tb. gelatine.
1 tb.	¼ c. cold water.
1 tb.	¼ c. boiling water.
1½ tb.	½ c. sugar.
1 T.	1 tb. lemon juice.
2 tb.	½ c. orange juice and pulp.
¼	1 white of egg.
2 tb.	1 c. cream (whipped).
2	Orange sections.

1. Prepare first five ingredients as Lemon Jelly.

2. Strain, add orange juice and pulp.

3. Chill, stir occasionally.

4. When partly set, beat until foamy, add white of egg, beaten stiff; beat well, then fold in whipped cream.

5. Turn into a mould lined with orange sections; chill.

Note.—Fresh peaches may be used in the same way in Peach Charlotte.

CARAMEL CHARLOTTE.

¾ T.	1 tb. gelatine.
1 tb.	¼ c. cold water.
2 tb.	1 c. sugar.
2 tb.	½ c. boiling water.
1 tb.	½ c. hot milk.
4 drops	1 T. vanilla.
2 tb.	1 c. cream, whipped.

1. Soften gelatine in cold water.

2. Melt sugar to caramel, gradually add boiling water; pour over softened gelatine, strain.

3. Add hot milk, flavor, chill, stir occasionally.

4. Finish as Charlotte Russe.

CHOCOLATE CHARLOTTE

¾ T.	1⅓ tb. gelatine.
1 tb.	¼ c. cold water.
2 tb.	⅓ c. hot milk.
¼ oz.	1½ oz. chocolate.
3 tb.	⅔ c. fruit sugar.
1 tb.	3 tb. boiling water.
⅛ T.	¾ T. vanilla.
2 tb.	2 c. cream (whipped).
1	Lady fingers.

1. Soften gelatine in cold water, dissolve in hot milk; strain.

2. Melt chocolate over hot water; add one-half sugar, then boiling water gradually, stir until smooth; add to dissolved gelatine.

3. Add remaining sugar; finish as Charlotte Russe.

D. FROZEN DESSERTS

These are among the simplest and most wholesome of desserts especially the water ices, sherbets and plain ice-creams; they are also very easily prepared.

General Rules

1. *To Prepare Freezer.*—Scald can and dasher, drain, fit together; adjust in wooden bucket and lock securely; turn crank to make sure that freezer is properly fitted; pack with ice and salt mixture.

2. *Freezing Mixture.*

(a) For a smooth mixture, as ice-cream, use 4 level measures ice to 1 level measure salt.

(b) For a coarse mixture, as frappé, use 2 measures ice to 1 measure salt.

(c) For packing, use 6 measures ice to 1 measure salt.

If dry snow is used instead of ice, add a little water to start the melting.

Have ice finely chopped; mix with coarse rock salt before packing freezer.

3. *To Pack Freezer.*—Put ice and salt mixture around can, pack well; turn crank occasionally. Ice and salt should surround the can above the level of mixture to be frozen.

4. *To Freeze Mixtures.*—After packing freezer, wipe off cover, remove crank and cover, pour in mixture; adjust cover and top; let stand until thoroughly chilled then turn *very* slowly.

5. *To Pack Frozen Mixtures.*—When mixture is stiff, drain water from tub; remove crank, wipe off cover and remove dasher; scrape mixture down from sides of can and beat until smooth; cover (fit a cork into cover); repack tub with packing mixture; cover with heavy sack or newspapers.

6. *To Mould Frozen Mixtures.*—Scald mould, chill thoroughly; pack solidly with frozen mixture, level off top, cover; seal with strips of cotton dipped in melted lard;

pack well with packing mixture, cover and let stand several hours.

Note.—A small amount of a frozen mixture can easily be prepared in a glass sealer or baking powder can; have ice and salt in a deep saucepan; place jar in centre and turn slowly.

LEMON ICE.

⅓ c.	4 c. water.
3 tb.	2 c. sugar.
2 pieces	Thin shavings of ¼ lemon.
1 tb.	¾ c. lemon juice.

1. Make a syrup by boiling sugar, water and lemon rind 10 mins.
2. Cool, add lemon juice, strain; freeze.

FROZEN MINT.

Make Lemon Ice; when frozen to a soft mush add ¼ c. chopped fresh mint. After-dinner mints may be crushed and used as flavoring.

ORANGE ICE.

⅓ c.	4 c. water.
3 tb.	2 c. sugar.
⅙	Grated rind of 2 oranges.
3 tb.	2 c. orange juice.
1 T.	¼ c. lemon juice.

Make as Lemon Ice.

RHUBARB ICE.

½ c.	3 c. strawberry rhubarb.
⅙ c.	1 c. water.
3 tb.	1 to 1½ c. sugar.
1½ T.	3 tb. lemon juice.

1. Wash and cut rhubarb into 1″ pieces.
2. Add water; cook until very soft.
3. Add sugar, cook 3 mins. longer; remove from heat, cool; add lemon juice.
4. Strain and freeze.

CRANBERRY ICE.

½ c.	4 c. cranberries.
¼ c.	1½ c. water.
3 tb.	2 c. sugar.
1 T.	¼ c. lemon juice.

1. Pick over and wash cranberries; add water, cover and cook until very soft.
2. Press through a sieve; add sugar, cook 3 mins.
3. Cool, add lemon juice; freeze.

STRAWBERRY ICE.

½ c.	4 c. water.
3 tb.	1½ to 2 c. sugar.
¼ c.	2 c. strawberry juice and pulp.
1 T.	2 tb. lemon juice.

Make as Lemon Ice.

GRAPE FRAPPÉ.

¼ c.	4 c. water.
1½ tb.	1½ c. sugar.
3 tb.	3 c. grape juice.
1 T.	¼ c. lemon juice.

1. Make syrup by boiling sugar and water 10 mins.; cool, add fruit juice.
2. Strain, freeze to a mush; pack and just before serving beat thoroughly.

FROZEN PEACHES.

1 qt. jar peaches.
½ c. sugar.
4 c. peach syrup and water.

1. Drain peaches; press through a sieve.
2. Boil peach syrup, water and sugar 5 mins.
3. Add peaches; chill; freeze.

MILK SHERBET.

2 c. sugar.
½ c. lemon juice.
1 qt. milk.

1. Dissolve sugar in lemon juice, add milk gradually; freeze.

PINEAPPLE SORBET.

1 c. sugar.
1 c. finely shredded pineapple.
1 tb. lemon juice.
2 c. milk.

Make as milk sherbet.

Note.—Strawberries, raspberries, peaches and other fruits may be used in the same way.

Ices and sherbets may be made lighter in color and texture by the addition of white of egg; beat until very stiff, add to mixture when freezing is almost completed.

PINEAPPLE CREAM.

1 c. sugar.
2 c. water.
2 c. shredded pineapple and juice.
2 c. cream (whipped).

1. Boil sugar and water 10 mins., cool, add fruit.
2. Freeze to a mush, remove dasher; fold in whipped cream; cover, let stand ½ hr.

VANILLA ICE CREAM I. (PHILADELPHIA).

⅓ c.	1 qt. thin cream.
2 tb.	¾ c. sugar.
⅓ T.	1½ tb. vanilla.

1. Dissolve sugar in the cream.
2. Add vanilla; freeze.

VANILLA ICE CREAM II. (FRENCH).

1 c. milk.
1 egg.
½ c. sugar.
f.g. salt.
2 c. cream.
1 tb. vanilla.

1. Cook first four ingredients as a soft custard.
2. Strain, cool, add cream and vanilla.
3. Freeze.

PEACH ICE CREAM.

2 c. peach pulp and juice.
1 c. sugar.
2 c. cream.

1. Add sugar to fruit juice and pulp; let stand until dissolved.
2. Add cream; freeze.

In the same way, use such fruits as strawberries and raspberries, raw or canned and stewed apricots. Vary the amount of sugar to taste.

BROWN BREAD ICE CREAM.

To 1 qt. vanilla ice cream when partly frozen add 1 c. brown bread crumbs which have been crisped in the oven.

Note.—In the same way shredded wheat or grape-nuts may be added to plain ice cream.

JUNKET ICE CREAM.

2 c. milk.
1 c. cream.
⅔ c. sugar.
f.g. salt.
¾ rennet tablet.
1 tb. cold water.
1 tb. vanilla.

1. Heat milk to a little above lukewarm.
2. Add sugar, stir till dissolved.
3. Add cream, salt and rennet tablet dissolved in cold water, and vanilla.
4. Adjust dasher in can of freezer, pour in the mixture, set in warm place until firm; freeze.

CHOCOLATE ICE CREAM.

1 c. milk.
½" stick cinnamon.
1 egg.
¾ c. sugar.
f.g. salt.
2 oz. chocolate.
2 c. cream.
1 T. vanilla.

1. Heat milk with cinnamon.
2. Beat egg, add sugar, salt and hot milk.
3. Cook as a soft custard.
4. Melt chocolate over hot water, add custard slowly; strain.
5. Cool, add vanilla and cream; freeze.

CARAMEL ICE CREAM.

⅓ c. sugar.
⅓ c. boiling water.
1 c. milk.
1 egg.
f.g. salt.
½ c. sugar.
2 c. cream.
½ tb. vanilla.

1. Caramelize ⅓ c. sugar; gradually add boiling water.
2. Cook milk, egg, salt and remaining sugar as a soft custard.
3. Add caramel, chill; add cream and vanilla; freeze.

COFFEE ICE CREAM.

¼ c. ground coffee.
2 c. milk.
1 c. sugar.
f.g. salt.
3 egg yolks.
2 c. cream.

1. Scald milk with coffee; strain through close cotton.
2. Cook milk, eggs, sugar and salt as a soft custard, strain; cool.
3. Add cream; freeze.

GINGER ICE CREAM.

2 c. cream.
2 egg yolks.
f.g. salt.
¼ c. sugar.
⅓ c. preserved ginger.
1 tb. ginger syrup.

1. Cook cream, eggs, salt and sugar as a soft custard.

2. Add ginger, finely cut, and syrup.
3. Cool and freeze.

FROZEN FRUIT PUDDING.

1. Make as Ginger Ice Cream, using only 2 tb. preserved ginger.
2. Add ¼ c. sultana raisins (soaked 10 mins. in boiling water) and ¼ c. chopped nuts.

BAKED ALASKA.

1 qt. brick ice cream.
Layer of cake 1" thick.
4 egg whites.
6 tb. fruit sugar.

1. Cover a board with paper; place cake in centre.
2. Unmould ice cream on cake (there should be about 1" of cake extending beyond brick on all sides.)
3. Cover ice cream and cake with meringue of whites of eggs and sugar.
4. Place on rack in hot oven, to brown.
5. Slip from paper on serving dish and serve at once.

Note.—Meringue may be sprinkled with shredded cocoanut before browning.

COFFEE MOUSSE.

½ tb. gelatine.
2 tb. cold water.
3 tb. boiling water.
½ c. strong coffee.
½ c. sugar.
2 c. cream (whipped).

1. Prepare first 5 ingredients as Coffee Jelly.
2. Strain, chill, stir occasionally.
3. When partly set, beat until foamy; fold in whipped cream.
4. Turn into mould, cover, pack in ice and salt and let stand 4 to 6 hours.

Note.—For coffee use 2 tb. coffee and ⅔ c. water; filter twice.

Mould should be not more than ¾ full.

MAPLE MOUSSE.

½ tb. gelatine.
2 tb. cold water.
1 c. maple syrup.
2 c. cream (whipped).

1. Soften gelatine in cold water.
2. Heat syrup to boiling; pour over gelatine.
3. Finish as Coffee Mousse.

PINEAPPLE MOUSSE.

½ tb. gelatine.
2 tb. cold water.
½ c. pineapple syrup.
½ c. sugar.
½ tb. lemon juice.
2 c. cream (whipped).
½ c. finely shredded pineapple.

1. Soften gelatine in cold water.
2. Make syrup of pineapple juice and sugar, pour over gelatine; add lemon juice.
3. Strain, chill, stir occasionally.
4. Finish as Coffee Mousse, folding in grated pineapple after the cream.

Note.—Other fruits as strawberries, peaches and apricots, may be used in the same way.

MAPLE PARFAIT.

1 c. maple syrup.
4 egg yolks.
2 c. cream (whipped).

1. Heat syrup to boiling; add gradually to egg yolks, slightly beaten; cook over hot water as a soft custard.
2. Chill; fold in whipped cream.
3. Pour into mould, pack, let stand 4 to 6 hours.

ICED RICE PUDDING.

¼ c. rice.
2½ c. hot milk.
3 egg yolks.
1 c. sugar.
½ tb. vanilla.
1 c. cream (whipped).

1. Wash rice, cook in double boiler with milk until soft, press through a sieve.

2. Cook eggs, sugar and milk mixture as a soft custard; cool, flavor.

3. Freeze to a mush, remove dasher, beat well, fold in whipped cream.

4. Fill a melon mould; pack in ice and salt, let stand 2 to 3 hours.

5. Unmould on serving dish; garnish with fresh fruit or fruit compôte.

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CHAPTER XVIII.

SAUCES FOR DESSERTS.

CARAMEL FOR FLAVORING.

3 tb.	1 c. sugar.
¼ c.	1 c. boiling water.

1. Melt sugar in frying pan; brown slightly.
2. Add water; cook until the consistency of a syrup.
3. Cool, keep in covered jar.

LEMON SYRUP.

2 tb.	2 c. sugar.
2 tb.	1 c. boiling water.
Piece	Thin shavings of ⅙ lemon.
¼ T.	½ tb. butter.
1 T.	4 tb. lemon juice.

1. Make syrup of sugar, water, lemon rind; boil 5 mins.
2. Remove from heat, add butter and lemon juice; strain.

LEMON SAUCE.

1 tb.	¼ c. sugar.
½ T.	1 tb. cornstarch or 2 tb. flour.
f.g.	f.g. salt.
⅓ c.	1 c. boiling water.
½ T.	1 tb. butter.
½ T.	1 tb lemon juice.
⅛ T.	Grated rind of ½ lemon.

1. Mix sugar, salt and cornstarch.
2. Add boiling water; stir and cook until there is no taste of raw starch.
3. Remove from heat, add butter, lemon juice and rind.

VANILLA SAUCE.

1. Make as Lemon Sauce; omit lemon juice and rind; add 1 T. vanilla.

BROWN SUGAR SAUCE.

2 tb.	½ c. brown sugar.
½ T.	⅔ tb. cornstarch.
f.g.	f.g. salt.
⅓ c.	1 c. boiling water.
½ T.	1 tb. butter.
4 drops	½ T. vanilla.

1. Mix sugar, cornstarch and salt.
2. Add boiling water; stir and cook until there is no taste of raw starch.
3. Remove from heat; add butter and vanilla.

BUTTERSCOTCH SAUCE.

⅔ T.	1½ tb. butter.
⅔ T.	4 T. cornstarch or 2 T. arrowroot.
f.g.	f.g. salt.
2 tb.	1½ c. brown sugar.
1½ tb.	1 c. boiling water.
4 drops	1 T. vanilla.

1. Melt the butter, add cornstarch; blend thoroughly.
2. Add salt, sugar and boiling water.
3. Cook until there is no taste of raw starch.
4. Remove from heat; add vanilla.

CARAMEL SAUCE.

2½ tb.	⅔ c. brown sugar.
⅓ c.	1 c. boiling water.
½ T.	⅔ tb. cornstarch.
f.g.	f.g. salt.
1 T.	1 tb. cold water.
½ T.	1 tb. butter.
4 drops	½ T. vanilla.

1. Melt sugar, brown slightly, add boiling water.
2. Mix cornstarch and salt with cold water.
3. Add to syrup; cook until there is no taste of raw starch.
4. Remove from heat; add butter and vanilla.

ORANGE SAUCE.

3 whites of eggs.
¾ c. fruit sugar.
Grated rind of 1 orange.
½ c. orange juice.
3 tb. lemon juice.

1. Beat whites of eggs until stiff.
2. Add sugar gradually, beating all the time.
3. Add rind and fruit juice.

FOAMY SAUCE I.

1 egg.
⅓ c. fruit sugar.
Flavoring.

1. Beat yolk of egg until very thick.
2. Add sugar gradually and flavoring.
3. Fold in stiffly beaten white.

FOAMY SAUCE II.

¼ c. butter.
1 c. sugar.
2 eggs.
2 tb. milk.
1 tb. lemon juice.
½ T. vanilla.

1. Cream the butter; add sugar, yolks of eggs, well-beaten, and milk.
2. Cook over hot water until thick; stir constantly.
3. Add flavoring, pour slowly over stiffly beaten whites, beat thoroughly; serve at once.

HARD SAUCE.

1 T.	⅓ c. butter.
1 tb.	1 c. fruit or brown sugar.
3 drops	⅓ T. lemon juice.
	⅔ T. vanilla.

1. Cream the butter, add sugar gradually.
2. Add flavoring; chill.

Note.—Beaten white of 1 egg may be folded into the mixture before chilling; fruit juice, as cherry, pineapple, etc., may be used as flavoring.

CUSTARD SAUCE.

¼ c.	¾ c. milk.
1 T.	1 yolk of egg.
½ tb.	1½ tb. sugar.
f.g.	f.g. salt.
4 drops	8 drops vanilla.

1. Beat yolk of egg; add sugar and salt.

2. Add hot milk slowly.
3. Cook over hot water stirring constantly until mixture will coat a silver spoon.
4. Remove from heat, strain; flavor.

LEMON CUSTARD SAUCE.

Make as Custard Sauce; flavor with thin shavings of ¼ lemon rind heated in the milk.

FRUIT SAUCE.

1 c. fruit syrup.
½ tb. cornstarch or ¾ T. arrowroot.
1 tb. cold water.
¼ c. fruit.

1. Heat syrup from canned fruit, as peach or pineapple.
2. Mix cornstarch with cold water, add gradually to fruit juice; cook until there is no taste of raw starch.
3. Remove from heat; add fruit, finely cut.

CHOCOLATE SAUCE

½ c. granulated sugar.
½ c. water.
1½ to 2 oz. chocolate.
¼ T. vanilla.

1. Melt chocolate over hot water.
2. Add one-half the sugar gradually.
3. Add boiling water slowly, then the remainder of sugar.
4. Cook until sugar is dissolved and sauce is thick.
5. Flavor.

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CHAPTER XIX.

BEVERAGES

TEA.

1 T. tea.
1 c. boiling water.

1. Scald tea pot; let stand until thoroughly heated.
2. Put in the tea; add about one-quarter of the water required.
3. Let stand in a hot place to infuse 3 to 4 mins.
4. Add remaining water, boiling; pour tea from leaves and serve.

Note.—The water for tea should be fresh and freshly boiled. The time of infusion is very important; it should not exceed 5 mins.

A tea-ball or filter may be used so that leaves may be lifted out when infused.

ICED TEA.

4 T. tea.
2 c. boiling water.

1. Make tea; when infused, strain from leaves.
2. Sweeten, if desired.
3. Pour into glasses one-third full of chipped ice.
4. Serve with a slice of lemon.

COCOA.

1 T.	2 to 3 tb. cocoa.
¾ T.	2 tb. sugar.
f.g.	f.g. salt.
¼ c.	2 c. water.
¼ c.	2 c. milk.
3 drops	½ T. vanilla.

1. Mix cocoa, sugar and salt, add boiling water; mix thoroughly.

2. Boil gently 5 mins.
3. Add milk, reheat over hot water.
4. Beat until a thick froth forms to prevent a scum.

CHOCOLATE.

1½ oz. unsweetened chocolate.
3 to 4 tb. sugar.
f.g. salt.
1 c. boiling water.
3 c. milk.

1. Melt chocolate over hot water.
2. Add sugar, salt and boiling water, stir until smooth; boil 2 mins.
3. Add milk, reheat over boiling water.
4. Beat to form froth; serve with whipped cream.

COFFEE.

In order to obtain the best results, use freshly ground coffee. It may be bought as coffee beans, which will give better flavor if heated just before using and if ground as needed; or buy ground coffee in small quantity and keep in an air-tight container. Coffee should be served immediately after making.

BOILED COFFEE.

1 to 1½ tb. coarsely ground coffee.
f.g. salt.
Egg white and shell.
3 tb. cold water.
¾ c. boiling water.

1. Mix coffee, salt, egg white and shell; add cold water; mix.
2. Turn into scalded pot, add boiling water. Fill spout with soft paper.
3. Boil very gently 3 to 5 mins.; set back.
4. Pour out a little coffee to clear the spout, return it to coffee pot; let stand 3 mins. to settle.

PERCOLATED COFFEE.

1 to 1½ tb. ground coffee.
f.g. salt.
1 c. boiling water.

1. Scald percolator; put in coffee and salt.
2. Add boiling water; percolate 5 to 8 mins.
3. Serve.

FILTERED COFFEE.

2 T.	1 to 1½ tb. finely ground coffee.
⅓ c.	f.g. salt.
	1 c. boiling water.

1. Scald coffee pot, place where it will keep hot.
2. Put coffee and salt in filter.
3. Add boiling water, pouring it over coffee a little at a time; coffee pot should be tightly covered after each addition of water.

AFTER DINNER COFFEE.

2 tb. very finely ground coffee.
1 c. boiling water.

Make as Filtered Coffee.

Note.—For very strong coffee, increase the amount of coffee to 2½ tb. or filter twice.

LEMONADE.

1½ c. sugar.
1 c. water.
Rind of 1 lemon (thin shavings).
Juice of 6 lemons.

1. Make syrup of water, sugar and lemon rind.
2. Boil 5 mins., cool.
3. Add lemon juice, strain; dilute to taste, with cold water—about 2 tb. syrup to 1 glass.

ORANGEADE.

Rind of ½ sour orange.
1 c. boiling water.
2 tb. sugar.
Juice of 1 orange.
2 tb. lemon juice.

1. Pour boiling water over orange rind, very thinly shaved.
2. Add sugar, cool.
3. Add fruit juices, strain, chill, serve.

FRUIT PUNCH.

1 c. orange juice.
½ c. lemon juice.
½ tb. grated lemon rind.
½ tb. grated orange rind.
¾ to 1 c. sugar.
1 qt. boiling water.

1. Boil sugar, water and fruit rind 5 mins.
2. Cool, add fruit juices; strain and chill.
3. Dilute with chopped ice and ice water or carbonated water.

Variations.

I. Add 2 c. fruit juice,—raspberry, strawberry, cherry, grape, pineapple.

II. Add 1 c. strong tea and ¼ c. maraschino cherries, finely cut.

III. Add 1 qt. ginger ale, or 1 pint ginger ale and 1 pint grape or other fruit juice.

IV. Add ¼ c. fresh mint, very finely chopped or crush the mint, add to punch, let stand 2 to 3 hours.

CRANBERRY JUICE.

2 c. cranberries.
2 c. water.
¼ c. sugar.

1. Pick over and wash the cranberries.
2. Add water, cover and cook until very soft.
3. Pour into jelly-bag and drip the juice.
4. Add sugar to juice, stir till dissolved, heat to boiling.
5. Pour into sterile bottles and seal.

GRAPE JUICE.

4 qts. Concord grapes.
1 c. sugar.

1. Wash grapes; remove from stems.
2. Heat slowly until skins burst, cook until very soft; stir constantly.
3. Drip in jelly-bag; finish as Cranberry Juice.

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CHAPTER XX.

CONFECTIONERY

PEANUT BRITTLE.

⅓ c.	2 c. sugar.
¼ c.	3 c. unshelled peanuts.

1. Shell peanuts, remove skin; roll fine or leave whole.
2. Melt sugar in frying-pan; stir constantly and do not allow to caramelize.
3. When melted, add peanuts, mix thoroughly; pour into an unbuttered, shallow pan; whole peanuts may be placed on pan and syrup poured over.
4. Cool gradually; mark in squares while cooling.

Note.—Walnuts may be used in same way

MAPLE CREAM.

½ c.	3 c. light brown sugar.
¼ T.	1 tb. corn syrup.
2 tb.	⅔ c. milk.
1 T.	2 tb. butter.
	½ c. chopped nuts.
3 drops	½ T. vanilla.

1. Put sugar, syrup, milk and butter into a saucepan; heat gently, stirring until the sugar is dissolved.
2. Boil, without stirring, to soft ball stage (when tested in cold water),—238°F.
3. Remove from heat, cool gradually; beat until creamy.
4. Add nuts and vanilla; pour into buttered pan.
5. Mark in squares before it hardens.

Note—1½ c. white sugar and 1½ c. brown sugar may be used; the acid of brown sugar may be sufficient to cause the curdling of the milk. To overcome this, a few grains of baking soda may be added to the sugar.

Hot sugar solutions become granular if cooled suddenly, as in cooling in cold water. This applies in the making of all kinds of cream mixtures, fondant, etc., in which the sugar is boiled.

FUDGE.

1/6 c.	1 c. granulated sugar.
1/6 c.	1 c. brown sugar.
1/3 oz.	2 oz. chocolate.
1/2 T.	1 tb. butter.
1/4 T.	1 tb. corn syrup.
2 tb.	3/4 c. milk.
4 drops	1 T. vanilla.

1. Make as Maple Cream; cut chocolate into pieces and cook with sugar.

DIVINITY.

3 c. granulated sugar.
2/3 c. corn syrup.
3/4 c. boiling water.
2 egg whites.
1/2 T. vanilla.
1/2 c. chopped nuts.

1. Put sugar, syrup and water into a saucepan.
2. Heat slowly, stir until sugar is dissolved.
3. Boil to firm ball stage—250°F.; cool slightly.
4. Beat whites stiff, gradually add the syrup.
5. Continue beating until mixture begins to thicken.
6. Add nuts; pour into buttered pan.

Note.—Mixture may be dropped from a teaspoon on buttered pan; place bowl over hot water to keep mixture soft.

MEXICAN CANDY.

5 c. granulated sugar.
1 c. golden syrup.
1 c. water.
4 egg whites.
1 c. chopped nuts.
1 T. flavoring.

1. Mix sugar, syrup and water in a saucepan.
2. Heat gently, stirring constantly, until sugar is dissolved; boil 3 mins.

3. Beat whites stiff in a large bowl; gradually beat in 1 c. of the syrup.

4. Boil remaining syrup to brittle stage—275°F.; add gradually to egg mixture.

5. Continue beating until mixture begins to stiffen; add nuts and flavoring; pour into buttered pans or keep mixture hot over hot water and drop from teaspoon.

Note.—Candied fruits and fruit coloring may be added.

BUTTER TAFFY.

2 c. yellow sugar.
¼ c. golden syrup.
1½ tb. vinegar.
2½ tb. water.
¾ T. salt.
¼ c. butter.
2 T. vanilla.

1. Mix sugar, syrup, vinegar, water and salt in saucepan.

2. Heat slowly, stirring until sugar is dissolved, then boil without stirring to brittle stage—290°F.

3. When syrup has nearly reached 290°, add butter; add vanilla just before turning out.

4. Pour into buttered pan; mark into squares when cool.

GLACÉ FRUIT AND NUTS.

2 c. granulated sugar.
1 c. boiling water.
⅛ c. vinegar or ⅛ T. cream of tartar.

1. Boil water, sugar and vinegar to very brittle stage—310°F. (syrup begins to change color).

2. Place over boiling water.

3. Have fruit and nuts prepared for dipping—they should be dry and slightly warm.

4. Drop into the syrup, one at a time; lift out with a fork; cool on oiled plates.

FONDANT.

2 c. sugar.
⅛ T. cream of tartar.
⅔ c. boiling water.

1. Put sugar, cream of tartar and water into a saucepan over gentle heat.

2. Stir until sugar is dissolved then boil, not too briskly, to soft ball stage—235°F.

3. Remove from heat; let stand a few minutes then pour carefully on a warm buttered platter.

4. Let stand until almost cold, beat with a stiff case knife until it changes color.

5. Gather up before it stiffens, knead until very smooth; put into a bowl, cover closely; let stand several hours.

Note.—Syrup should not be stirred during boiling; crystals should be removed from sides of saucepan with a piece of cheesecloth tied around the prongs of a fork and dipped into boiling water; sudden change of temperature causes a hot syrup to crystallize.

MAPLE FONDANT.

1 c. sugar.
1 c. maple syrup.
½ c. boiling water.

Make as Fondant.

CHOCOLATE FONDANT.

1. Make plain fondant; pour on buttered platter.
2. Cover syrup, while hot, with grated chocolate.
3. Finish as Fondant.

BUTTER FONDANT.

2 c. sugar.
⅛ T. cream of tartar.
⅔ c. milk.
2 tb. butter.

1. Put sugar, cream of tartar and milk in a saucepan, over gentle heat; stir till sugar is dissolved.

2. Boil, without stirring to soft ball stage—238°F.

3. Add butter when syrup is nearly done.

4. Turn on warm, buttered platter; finish as Fondant.

DIVINITY FONDANT.

2 c. sugar.
⅓ c. corn syrup.
½ c. boiling water.
1 egg white.

1. Put sugar and water in saucepan over low heat; when sugar is dissolved add syrup.
2. Heat to boiling point.
3. Beat egg until light, not stiff; add 2 tb. syrup when it has reached boiling; beat until light.
4. Boil remaining syrup to soft ball stage—240°F.
5. Pour slowly over white of egg; fold over with a knife until white and firm enough to mould.
6. Knead until smooth; shape pieces as desired for centres.

Note.—This fondant may be used at once; plain and butter fondant are improved if allowed to stand a few hours.

CREAM DATES.

1. Knead fondant until soft and smooth.
2. Flavor and color; break off a small piece, shape into a roll; place in a date which has been wiped and stoned.
3. Roll in fine granulated or fruit sugar.

NUT CREAMS.

1. Prepare fondant as for Cream Dates.
2. Break off a piece; shape and press a nut on each side. Walnuts, pecans or almonds may be used.

TO MELT FONDANT.

1. Place fondant in upper part of a double boiler over water boiling very gently.
2. Stir constantly; add a few drops of boiling water as needed to thin the fondant.

Note.—If temperature is too high or fondant heated too long the sugar dissolves and fondant loses its creamy consistency.

CREAM MINTS.

1 c. fondant.
3 drops oil of peppermint.

1. Melt fondant; add flavoring.
2. Drop from the tip of a teaspoon on an unbuttered tin plate; remove when firm.

NUT BARS.

1 c. fondant.
1 c. chopped nuts.
¼ T. vanilla.

1. Melt fondant, add nuts and flavoring.
2. Pour into a small, buttered pan to ½″ thickness.
3. When cool cut in bars; wrap in waxed paper.

Note.—Shredded cocoanut, raisins, candied cherries or crystallized ginger may be added.

CREAMED GRAPES.

1. Use large white grapes; cut from bunches, leaving stems on grapes; wipe with soft, dry cloth.
3. Melt fondant, flavor with vanilla.
3. Hold grapes by the stem; dip, one at a time into fondant so that grapes are covered.
4. Cool on waxed paper.

Note.—Strawberries (hulls on), cherries and dates may be dipped in the same way

CHOCOLATE DIPPING.

1. Grate dipping chocolate or cut into small pieces; melt over warm (not boiling) water, stirring frequently.
2. Remove from heat; let stand until quite cool—90°F.
3. Have centres ready; dip into chocolate one at a time, lift out and dry on oiled paper.

Note.—Chocolates should not be dried in a draught of air nor in a cold place; allow to dry gradually.

Nuts, fruits, marshmallows and fondant centres should be dry and free from icing sugar on the surface.

CANDIED ORANGE PEEL.

Rind of 2 oranges.
1 c. sugar.
½ c. orange water.

1. Remove the peel from oranges in quarters, scrape off the white; cut rind in thin strips.
2. Cook slowly in boiling water till tender, drain; reserve water for syrup.
3. Make syrup of sugar and orange water, when boiling add rind, cook slowly until most of the syrup has evaporated.
4. Lift the rind out; drain; roll in granulated sugar.

SALTED ALMONDS.

1 c. shelled almonds.
2 T. butter or olive oil.
Salt.

1. Blanch and dry the almonds.
2. Place in shallow baking pan; put butter or oil over them.
3. Brown in a moderate oven, stirring frequently.
4. Drain on unglazed paper; sprinkle with salt.

TURKISH DELIGHT.

3 tb. granulated gelatine.
½ c. cold water.
2 c. sugar.
½ c. boiling water.
1 orange, rind and juice.
3 tb. lemon juice.

1. Soften gelatine in cold water.
2. Make syrup of sugar and water; when boiling, add gelatine; boil gently 20 mins.
3. Remove from heat, add fruit juices; strain, add rind; candied fruit and chopped nuts may be added.
4. Pour into a moistened pan.
5. When firm cut into squares, using a knife dipped in hot water.
6. Roll in icing or fruit sugar.

NOTES

CHAPTER XXI.

LARGE AMOUNTS FOR HOME CATERING

FRUIT PUNCH (to serve 75).

3 doz. lemons.
1 doz. oranges.
1 c. grated pineapple.
10 c. sugar.
10 c. water.

1. Make syrup of water, sugar and rind of 3 lemons and 3 oranges; boil 10 mins.
2. Cool, add fruit juices, strain.
3. Dilute as required.

Note.—A few sprays of fresh mint may be used to flavor; add to mixture, let stand 2 or 3 hours or chop mint very finely and add to the punch before serving.

TEA (to serve 100).

1 lb. tea.
5 gals. boiling water.

1. Tie tea loosely in a bag made of two thicknesses of cheesecloth.
2. Place bag in a large kettle of boiling water; cover tightly; set back where it will not boil.
3. Infuse 5 to 8 mins.; remove the bag.

BOILED COFFEE (to serve 100).

1¾ lbs. coffee.
2 eggs.
1 T. salt.
5 gals. boiling water.

1. Beat the eggs slightly; add shells which have been washed and crushed; add salt and ½ c. cold water.
2. Tie loosely in a cheesecloth.

3. Drop into a kettle of boiling water; cover tightly; boil very gently 15 to 20 mins.
4. Remove the bag.

Note.—Eggs may be omitted.

FILTERED COFFEE (to serve 100).

2 lbs. finely ground coffee.
5 gals. boiling water.

1. Scald the factory cotton filter; put in the coffee.
2. Pour boiling water through.
3. Refilter if coffee is not strong enough.

COCOA (to serve 100).

3½ c. cocoa. (1 lb.)
5 c. sugar.
2 T. salt.
2 c. cold water.
6 qts. boiling water.
13 qts. hot milk.

1. Mix cocoa, sugar and salt; add cold water.
2. Add 1 qt. boiling water, cook 30 mins. stirring frequently.
3. Add remaining water and hot milk.
4. Just before serving, remove scum.

Note.—Cocoa paste, as prepared above, may be kept in refrigerator several days.

In recipe for cocoa, the water may be reduced and more milk used if cocoa is desired richer.

SANDWICHES.

1 large sandwich loaf (3 lbs.), cuts 60 to 70 slices.
1 small sandwich loaf cuts 20 slices.
1 large loaf requires ½ lb. butter and ¾ to 1 lb. filling, if filling is made into a mixture to spread as cheese or meat.

SUGAR AND CREAM.

1 lb. domino sugar to serve 100 people.
1½ qts. 16% cream for tea to serve 100 people.
2½ qts. 16% cream for coffee to serve 100 people.

ICE CREAM.

1 qt. (bulk) ice cream to serve 10 to 12 people.
1 qt. (brick) ice cream to serve 10 to 12 people.

CAKE.

1 lb. small cakes to serve 12 people.
1 lb. loaf or square cake to serve 10 people.
1 cake 8″ by 8″ may be cut into 20 pieces.

SALAD (CHICKEN OR VEAL).

4 lbs. chicken.
2 heads celery.
1½ c. salad dressing.
1 large head lettuce.
Seasonings.

This amount is sufficient for 12 servings. 1 large knuckle of veal may be used instead of chicken.

NOTES

CHAPTER XXII.

INVALID FOODS AND BEVERAGES.

SUGAR SYRUP.

1 c. sugar.
1 c. boiling water.

1. Mix sugar and water, stir until sugar is dissolved.
2. Boil 10 mins.; cool and bottle.

This syrup is convenient for use in making fruit drinks.

SACCHARIN SOLUTION.

1 grain saccharin.
1 tb. boiling water.

Break tablet into small pieces; dissolve in boiling water; This amount is equivalent to 2 tb. sugar.

Note.—Saccharin should be used only when necessary; it has no food value and substitutes sugar only from the standpoint of flavor. When cooked with foods, saccharin develops a somewhat bitter flavor.

LEMONADE.

1 lemon.
¾ c. boiling water.
1 to 2 tb. sugar.
½ thin slice lemon.

1. Wash lemon; reserve thin slice for serving.
2. Strain juice; add sugar and boiling water.
3. Chill; use lemon as garnish in the glass.

GRAPE LEMONADE.

1 c. lemonade.
¼ c. grape juice.

Make lemonade, chill, add grape juice.

FRUIT PUNCH.

Juice of ½ lemon.
Juice of ½ orange.
¼ c. grated pineapple.
1 c. boiling water.
1 to 2 tb. sugar.

1. Squeeze fruit juices; add pineapple.
2. Add sugar and boiling water; chill.
3. Strain and serve very cold.

TEA PUNCH

1 c. lemonade.
½ T. tea.
Slice of lemon.

1. Pour hot lemonade over tea leaves; let stand 5 min., strain, chill; serve in tall glass with slice of lemon.

IMPERIAL DRINK.

½ T. cream of tartar.
1 c. boiling water.
Lemon juice.
Sugar.

1. Dissolve cream of tartar in boiling water.
2. Add sugar and lemon juice to flavor.
3. Strain and chill.

Give as a cooling drink and diuretic.

ALBUMINIZED WATER.

1 egg white.
½ c. cold water.
Lemon juice.

1. Add water and fruit juice to egg white, gradually.
2. Stir with a fork or cut with scissors until well blended; strain.

Note.—Lemon juice may be omitted.

ORANGE ALBUMEN.

1 egg white.
Juice of 1 orange.
2 T. lemon juice.
Fruit sugar to taste.
⅛ c. cold water.

1. Cut egg white with scissors, or squeeze through a double thickness of cheesecloth.
2. Add water, fruit juice and sugar.
3. Strain and chill.

EGG LEMONADE.

1 egg.
1 tb. sugar.
Juice of 1 lemon.
½ c. cold water.

1. Beat white and yolk of egg separately then together.
2. Add sugar, water and strained lemon juice.
3. Beat well; chill.

BARLEY WATER I.

½ c. pearl barley.
6 c. cold water.
Salt.

1. Pick over and wash barley, put into double-boiler; add cold water and salt; cook 6 hours.
2. Strain and cool.

BARLEY WATER II.

½ tb. barley flour.
2 tb. cold water.
1 c. boiling water.
¼ T. salt.

1. Mix flour and cold water in upper part of double-boiler.
2. Add boiling water gradually and salt.
3. Cook over direct heat 5 mins., then in double-boiler 15 mins.

Note.—Barley water is astringent in its effect. It may

be served as a beverage, hot or cold, or used in cocoa, egg-nog, to dilute milk, etc.

It may be flavored with lemon or other fruit juice and sugar.

For infants it is made much more dilute, the strength varying according to the age and special requirements of the child.

RICE WATER.

3 tb. rice.
1 qt. boiling water.
Salt.

1. Pick over and wash rice, add boiling water and salt; cook until rice is tender; strain.

Note.—Rice water has an astringent effect.

OATMEAL WATER.

1 tb. oatmeal.
1 tb. cold water.
1 qt. boiling water.
Salt.

1. Mix oatmeal, salt and cold water.
2. Stir into boiling water in the upper part of a double boiler.
3. Boil 5 mins., then cook over hot water 3 hours; strain.

Note.—Oatmeal water is laxative in its effect.

TOAST WATER.

3 slices toast.
2 c. boiling water.

1. Have toast very dry and browned throughout; break into pieces.
2. Add boiling water, cover, let stand 1 hour.
3. Strain and season; serve hot or cold.

CRUST COFFEE.

1. Place crusts of bread in slow oven to become very crisp and brown.

2. Break into small pieces, cover with boiling water; when the water has been absorbed add more, to cover the bread.

3. Set at back of range or over boiling water 15 mins.

4. Strain through cheesecloth; serve hot or cold.

Note.—Toast water and crust coffee are used in fevers and conditions of nausea. They contain nourishment, mostly as dextrin; in some cases this may be increased by the addition of lactose, milk, cream or white of egg.

GRUELS

Gruel is a thin porridge in which flour or some other cereal product is used for thickening; it may be made by diluting porridge with water, milk or cream. Gruel should be very thoroughly cooked and should be strained before serving, especially when prepared for invalids and children. In seasoning, salt should be added just before straining; if spices are used, add a small piece of whole spice during the cooking or a small piece of lemon rind may be cooked with the gruel. Sugar should be used sparingly. Oatmeal and cornmeal gruel are laxative; rice, barley and arrowroot are astringent in their effect.

ARROWROOT GRUEL.

½ tb. arrowroot.
¼ T. salt.
1 tb. cold water.
1 c. hot milk or milk and water.

1. Mix arrowroot and salt with cold water.

2. Add gradually to hot milk; cook over hot water 15 mins.

3. Strain and serve.

BARLEY BROTH.

1 tb. barley flour.
1 tb. cold water.
1 c. beef broth.
¼ T. salt.

1. Blend flour with cold water, add to hot broth; cook over hot water ½ hour.

2. Add salt; strain and serve.

CORNMEAL GRUEL.

1 tb. cornmeal.
½ tb. flour.
¼ T. salt.
2 tb. cold water.
1½ c. boiling water or milk and water.
Milk or cream.

1. Mix cornmeal, flour and salt with cold water; add gradually to boiling water.
2. Boil 5 mins. then cook over hot water 1½ hours.
3. Strain; thin with milk or cream.

CRACKER GRUEL.

1½ tb. cracker crumbs, rolled and sifted.
¼ T. salt.
1 c. hot milk.

1. Add crumbs to milk in double boiler; cook 5 mins.
2. Add salt; strain and serve.

CRANBERRY GRUEL.

1 tb. flour.
2 tb. cold water.
¼ T. salt.
1 c. boiling water.
¾ c. cranberries.
1 tb. sugar.

1. Blend flour with cold water; add to boiling, salted water.
2. Cook over boiling water 30 mins.
3. Pick over and wash cranberries, add to flour mixture; cook till very soft.
4. Add sugar, press gruel through a sieve.
5. Reheat and serve.

FLOUR GRUEL.

1 tb. flour.
2 tb. cold milk.
1 c. hot milk.
6 raisins.
¼ T. salt.

1. Blend flour with cold milk; add gradually to hot milk.
2. Wash raisins, cut in quarters, add to milk mixture; cook over hot water 1 hour.
3. Season, strain and serve.

FLOUR BALL.

1. Scald a square of heavy white cotton; tie in it 3 c. or more flour.
2. Place in a deep kettle of boiling water; boil 5 to 6 hours.
3. Lift out, remove cloth; scrape paste from outside of ball.
4. Bake in a very slow oven until well dried; it may be broken and baked in a moderate oven until lightly browned.
5. Roll fine and sift; keep in a covered jar.

BOILED FLOUR GRUEL.

1 tb. boiled flour.
1 c. hot milk.
⅛ T. salt.

1. Add boiled flour, as prepared above, to hot milk.
2. Cook over hot water 5 mins.
3. Season, strain and serve.

OATMEAL GRUEL I.

¼ c. fine oatmeal.
1 c. cold water.
¼ T. salt.

1. Add water to oatmeal, let stand 1 hour, press through a sieve.
2. Cook over hot water 45 mins.; season, strain and serve.

Note.—Milk may be used instead of water.

OATMEAL GRUEL II.

¼ c. coarse oatmeal.
1½ c. boiling water.
⅓ T. salt.

1. Add oatmeal to boiling salted water; cook 5 mins. over direct heat.
2. Place over hot water or in fireless cooker and cook 2 hours.
3. Strain; dilute with milk or cream.

Note.—Rolled oats may be used.

COFFEE AND EGG.

1. Place yolk of 1 egg in coffee cup; beat with a fork.
2. Add hot coffee, gradually, beating all the time; serve at once.

EGG-NOG.

1 egg.
⅔ tb. sugar.
⅔ c. milk.
f.g. salt.
4 drops of vanilla or
Few gratings nutmeg.

1. Beat egg slightly; add sugar, milk and salt.
2. Mix thoroughly, strain; add flavoring, chill.

Note.—Flavoring may be omitted and 1 to 2 tb. wine added as a flavoring and stimulant.

COFFEE EGG-NOG.

1 egg.
½ tb. sugar.
⅓ c. milk or thin cream.
⅓ c. strong coffee.

Make as Egg-nog.

ALBUMINIZED MILK.

1 white of egg.
½ c. milk.

1. Add egg white to milk, in a bowl.

2. Stir with a fork or beat slowly with Dover beater, strain.

Note.—2 whites of eggs may be added to ½ c. milk.

PASTEURIZED MILK.

1. Sterilize bottles, drain, fill with milk; cork with baked cotton.
2. Place on rack in a deep kettle; surround with cold water to the level of the milk.
3. Heat gradually to 145° F., keep at that temperature 30 mins.
4. Cool quickly; keep in a cold place.

PEPTONIZED MILK.

1 tube Fairchild's peptonizing powder.
½ c. water.
2 c. milk.

1. Put powder and water into a bottle, shake to thoroughly mix.
2. Add milk, shake again.

Warm Process.—Place bottle in water at 115°F. Keep at that temperature 10 mins. Place bottle on ice or heat milk to boiling to stop the action of digestive ferment; keep very cold, used as needed.

Cold Process.—Place bottle immediately on ice, use as needed.

LEMON WHEY.

1 c. milk.
3 tb. lemon juice.
1 to 2 T. sugar.

1. Heat milk over hot water; add lemon juice.
2. Heat until a thick curd separates.
3. Strain, sweeten, serve hot or cold.

RENNET WHEY.

2 c. milk.
½ rennet tablet dissolved in
½ tb. cold water.
f.g. salt.

1. Heat milk until lukewarm; add rennet.
2. Let stand in warm place until set.

3. Break up with a silver fork, let stand ½ hr.

4. Strain through cheesecloth, add salt and sugar if desired.

KOUMISS.

1 qt. milk.
1½ tb. sugar.
⅙ yeast cake, dissolved in
1 tb. lukewarm water.

1. Heat 2 c. milk to boiling, add to remaining milk; add sugar, cool to lukewarm.

2. Add dissolved yeast; mix well.

3. Fill sterilized koumiss bottles to within 1½″ of top; cork tightly, tie down with strong twine.

4. Stand in refrigerator; in 3 days turn bottles on their sides; leave 2 days longer.

One-Day Method.—Use ¼ yeast cake; keep bottles in warm place—80°F. for 6 hours; place in refrigerator 24 hours; then serve.

Note.—If refrigerator is very cold, the 5-day method may be changed by keeping koumiss in room temperature 12 hours, then place in refrigerator.

Note.—Koumiss is used in cases of fever, indigestion, gastric troubles and wasting diseases. It acts as a slight stimulant containing about 2% of alcohol; the nutrients are partly pre-digested. It should be effervescent, smooth and about the consistency of thin cream.

BEEF JUICE.

1. Use a piece of upper round or rump steak.

2. Remove fat; wipe with a damp cloth.

3. Place in broiler and heat slightly 2 or 3 mins. to start the flow of juices (do not sear the meat).

4. Lay on a plate and cut across several times.

5. Place in meat press and slowly extract the juice—a lemon squeezer or potato ricer may be used.

6. Chill; season with salt and serve in a cup or colored glass.

Note.—1 lb. beef yields about 4 oz. juice. Beef juice may be diluted with water, barley water or beef broth.

BEEF TEA.

1 lb. round steak.
¼ c. cold water.

1. Remove fat from meat, wipe with damp cloth.
2. Cut fine or put through meat chopper.
3. Put into glass or stone jar, add water, cover.
4. Place on a rack in kettle of cold water, heat gradually to 130°F.; keep at that temperature 1½ hours.
5. Strain, pressing the meat to extract all the juice.
6. Season with salt; serve.

Note.—Beef tea may be served very cold or frozen as a water-ice.

BEEF BROTH.

1 lb. lean beef.
2 c. cold water.

1. Use juicy, round steak; remove all fat, wipe with a damp cloth.
2. Grind or cut very fine, put in glass or stone jar; add cold water.
3. Let stand 1 hour then heat slowly to 135°F.; keep at that temperature 1 hour.
4. Strain; season with salt.

Note.—To remove fat, use a piece of bread or soft white paper, or cool broth and collect fat from top.

Reheat broth over hot water, being careful not to have temperature higher than 135°F.

CHICKEN BROTH.

3½ lbs. fowl.
3 pints cold water.
2 T. salt.

1. Clean fowl, cut into pieces.
2. Cover with cold water; let stand 1 hour.
3. Heat very slowly to simmering; keep at that temperature 2½ to 3 hours, or until meat is very tender; add salt near the end of cooking.
4. Strain; chill broth and remove fat.

5. Reheat over hot water.

Note.—Cooked rice, pressed through a sieve, may be added to broth.

VEAL BROTH.

Make as Chicken Broth using a knuckle of veal.

SCRAPED BEEF BALLS.

1. Use juicy, round steak, wipe with damp cloth.
2. Scrape with a teaspoon, to remove connective tissue.
3. Season with salt; celery salt may be added; shape into flat cakes or into small balls, the size of a marble.
4. Broil, until the outside is changed in color, or brush over hot frying pan very slightly with piece of fat, roll the balls over until surface is seared.
5. Serve at once.

SCRAPED BEEF SANDWICHES.

1. Prepare beef as for beef balls.
2. Spread very thinly between slices of bread which may be buttered or not; cut into small sandwiches.

Note.—Raw beef sandwiches may be given to children, especially in cases of anæmia. When prepared for adults, sandwiches may be slightly toasted; this should be done without cooking the meat.

MARROWBONES.

1. Have the bones cut 2 to 4 inches long; scrape the outside until clean.
2. Make a stiff dough of flour and water, roll into a thin sheet; cover each end of bones with a piece of dough.
3. Tie in a piece of white cotton.
4. Place in steamer or cover with boiling water and cook 30 to 45 mins., according to the size of bones.
5. Remove cloth and paste.
6. Serve while hot.

(a) Remove marrowfat carefully; spread on small squares of thin, crisp toast or serve on tenderloin steak; season with salt.

(b) Place bones upright on plate; fasten around with small, folded serviette; serve with a long handled spoon.

CUSTARD JUNKET.

¼ c.	¾ c. milk.
⅓	1 yolk of egg.
1 T.	⅔ tb. sugar.
f.g.	f.g. salt.
f.g.	Few gratings nutmeg or 4 drops vanilla.
⅓ T.	1 T. dissolved rennet.

1. Beat egg; add sugar and salt.
2. Add milk, heated; strain, add flavoring; cool until lukewarm.
3. Add rennet; pour into serving dish.
4. Let stand in warm place until firm, then chill.

PURITY CUSTARD.

1	2 whites of eggs.
½ tb.	1 tb. sugar.
f.g.	f.g. salt.
⅓ c.	⅔ c. milk.
3	Few gratings nutmeg or 6 drops vanilla.

1. Beat whites of eggs slightly, add sugar and salt.
2. Mix well, add milk and flavoring; strain.
3. Oven-poach or steam until firm.

EGG CREAM.

½	2 eggs.
1 tb.	¼ c. sugar.
½ tb.	2 tb. lemon juice.
	¼ T. grated lemon rind.

1. Beat yolks of eggs, add sugar; mix well.
2. Add lemon juice and rind; cook over hot water as soft custard, until thick.
3. Beat whites stiff, add to yolk mixture, beating until well blended; remove from heat, pile in serving dish; chill.

FRUIT WHIP.

1 white of egg.
2 to 4 tb. fruit pulp.
2 tb. fruit sugar.
Lemon juice.

1. Prepare fruit pulp by pressing through a sieve or by grating.
2. Beat white of egg until stiff; gradually beat in fruit pulp, sugar and lemon juice.
3. Continue beating until very stiff; pile lightly in serving dish; chill; serve with fruit syrup or custard sauce.

Note.—Fresh fruits as strawberries, peaches and apples may be used or cooked fruits as prunes, apricots, steamed apples.

Fruit whip may be chilled in a mould which has been lined with lady fingers or pieces of sponge cake. Turn out; garnish with small pieces or whole fruit.

ARROWROOT SOUFFLÉ.

2 T. arrowroot.
½ tb. sugar.
f.g. salt.
1 tb. cold milk.
⅔ c. hot milk.
1 white of egg.
⅛ T. vanilla.

1. Mix arrowroot, sugar and salt with cold milk.
2. Add to hot milk; stir until thick.
3. Cover; cook over hot water 15 mins., stirring occasionally.
4. Add white of egg; beat until well blended.
5. Remove from heat; add vanilla; turn into moistened moulds; chill; serve with cream and sugar, custard sauce, fresh or canned fruit.

DIABETIC FOODS.

Through the courtesy of the Dietetic Department of Christie St. Hospital, Toronto, the following recipes are being printed in this volume.

A brief explanation may be necessary regarding the special ingredients used.

Saccharin is a sugar substitute because of its very sweet flavor; it has no food value. When saccharin is used continuously the flavor becomes distasteful, which in almost every case provides a guarantee against its over-use.

Cellu Flour is a cellulose product, having no food value.

Diaprotein is a self-rising flour, specially prepared from the casein of milk. It contains no carbohydrate. Following is its chemical analysis:

Starch	0.00%
Sugar	0.00%
Protein	83.01%
Mineral Salts	2.81%
Milk fat	3.46%
Water	6.72%
Leavening	4.00%

India Gum is used in binding diabetic flour mixtures: it has no food value.

Mineral Oil (paraffin oil) is a petroleum product having no food value.

Agar-agar is a vegetable gelatine of no food value.

BRAN MUFFINS.

2 eggs.
2 tb. mineral oil or melted butter.
f.g. salt.
½ c. warm water.
¾ c. diaprotein.
¾ c. washed bran.

1. Separate whites and yolks of eggs.
2. Beat yolks until very light; add oil, salt and water.
3. Beat whites until stiff; fold into yolk mixture.
4. Mix diaprotein with the bran; fold lightly into egg mixture.

5. Turn into well greased muffin pans, bake in a moderate oven about 30 mins. Increase the heat gradually towards the end of the baking.

DIAPROTEIN BRAN BREAD.

2 eggs.
1 tb. mineral oil or melted butter.
¾ c. diaprotein.
¾ c. washed bran.
½ T. baking powder.

1. Separate whites and yolks of eggs.
2. Beat the yolks until thick, add water and oil.
3. Add the whites beaten until stiff, beat thoroughly.
4. Mix diaprotein, bran and baking powder; fold carefully into egg mixture.
5. Pour into well-greased baking pan; bake in a moderate oven about 35 mins.

CELLU BRAN COOKIES.

½ c. cellu flour.
1 c. washed bran.
½ T. salt.
1 tb. India gum.
1 T. baking powder.
3 tb. mineral oil.
½ grain saccharin.
1 T. hot water.

1. Mix dry ingredients thoroughly.
2. Add mineral oil and saccharin dissolved in hot water (mixture should be a soft dough).
3. Spread in a shallow greased pan; cut into small squares; bake in a slow oven.

No food value.

CELLU PASTRY.

4 tb. cellu flour.
2 tb. mineral oil.
1½ T. India gum.
f.g. salt.
Hot water to moisten.

1. Mix flour, gum and salt.
2. Add oil, mix thoroughly; add hot water to moisten.

3. Mould in a pie plate; bake in a slow oven until dry.

No food value.

CUSTARD PIE.

1½ c. milk.
2 eggs.
f.g. salt.
¼ gr. saccharin.
Spice or vanilla.

1. Line a pie plate with cellu pastry.
2. Beat eggs, add salt, saccharin and milk.
3. Pour into pastry; sprinkle top with nutmeg or flavor custard with vanilla.
4. Have oven hot for first ten minutes, then finish in a slow oven until custard is set.

Protein 20.1 grams. Carbohydrate 18.1 grams.
Fat 20.14 grams.

CREAM PIE.

1½ c. hot milk.
½ gr. saccharin.
4 eggs.
f.g. salt.
¼ T. vanilla.

1. Beat one egg and yolks of three; add saccharin, salt and milk.
2. Cook over hot water as a soft custard; remove from heat, cool slightly, flavor.
3. Pour into baked pastry shell.
4. Cover with a meringue made from 3 whites of eggs, flavored with 4 drops saccharin solution.
5. Bake in a slow oven to cook and brown the meringue.

Protein 33.6 grams. Fat 30.8 grams.
Carbohydrate 18.1 grams.

PUMPKIN PIE.

2 eggs.
2 tb. cream.
1 c. cooked pumpkin.
¼ c. water.
½ gr. saccharin.
½ T. salt.
½ T. cinnamon.
½ T. mixed spice.

1. Beat eggs, add remaining ingredients.

2. Pour into a pie plate lined with cellu pastry; bake in a moderate oven until set.

Protein 14.2 grams. Fat 22.4 grams.
Carbohydrate 18.1 grams.

FIRM CUSTARD.

1 egg.
⅓ c. milk.
⅛ gr. saccharin.
f.g. salt.
6 drops vanilla or
f.g. nutmeg.

1. Beat egg slightly, add other ingredients.
2. Strain, pour into custard cup.
3. Oven-poach until firm.

Fat 7.3 grams. Protein 8.0 grams.
Carbohydrate 4 grams

LEMON JELLY.

1 T. gelatine.
1 tb. cold water.
¼ c. boiling water.
1 tb. lemon juice.
¼ gr. saccharin.

1. Soften gelatine in cold water.
2. Add boiling water, stir till gelatine is dissolved; add lemon juice and saccharin.
3. Strain, pour into moistened mould; chill.

Carbohydrate 1.4 grams. Protein 2.1 grams.

ORANGE JELLY.

1 T. gelatine.
1 tb. cold water.
¼ c. boiling water
½ tb. lemon juice.
1 tb. orange juice.
¼ gr. saccharin.

1. Make as Lemon Jelly.

Protein 2.1 grams. Carbohydrate 2.3 grams.

LEMON SNOW.

1½ T. gelatine.
1 tb. cold water.
½ c. boiling water.
1 tb. lemon juice.
¼ gr. saccharin.
½ white of egg.

1. Soften gelatine with cold water, dissolve in boiling water; add lemon juice and saccharin.
2. Strain, set aside to chill; stir occasionally.
3. When partly set, beat until very light; add white of egg beaten stiff and continue beating until mixture begins to stiffen.
4. Turn into moistened mould, chill.
5. Serve with Lemon Custard Sauce.

Protein 4.8 grams. Carbohydrate 1.4 grams

CUSTARD SAUCE.

1 egg.
⅔ c. milk.
¼ gr. saccharin.
f.g. salt.
6 drops vanilla.

1. Beat egg slightly, add saccharin, salt and hot milk.
2. Cook over gently boiling water, stirring constantly until thick.
3. Strain and add vanilla.

Protein 10.7 grams. Fat 10.3 grams.
Carbohydrate 8.1 grams.

ORANGE CREAM.

½ tb. gelatine.
¼ gr. saccharin.
1 tb. cold water.
½ c. boiling water.
1 tb. lemon juice.
1 tb. orange juice.
3 tb. cream (whipped).

1. Mix gelatine and saccharin with cold water.
2. Add boiling water, stir till gelatine is dissolved.
3. Add fruit juices, strain, set aside to chill; stir occasionally.

4. When partly set, beat until foamy, then lightly fold in whipped cream.

Protein 4.1 grams. Fat 15.0 grams.
Carbohydrate 4.0 grams.

COFFEE CREAM.

½ tb. gelatine.
¼ gr. saccharin.
1 tb. cold water.
½ c. hot coffee.
3 tb. cream (whipped).

Make as Orange Cream.

Protein 4.1 grams. Fat 15.0 grams.
Carbohydrate 1.8 grams.

MAYONNAISE.

1 egg.
¾ T. mustard.
½ T. salt.
¼ T. paprika.
¼ gr. saccharin, powdered.
1 c. mineral oil.
2 tb. vinegar.

1. Mix dry ingredients, add to beaten eggs.
2. Add oil very slowly, beating with Dover beater.
3. Add vinegar.

AGAR JELLY.

1½ tb. agar.
¼ c. cold water.
2½ c. boiling water.

1. Mix agar with cold water, add boiling water; simmer until clear.
2. Flavor with saccharin solution and fruit juice or flavoring extract to taste.
3. Pour into moistened moulds; chill.

Note.—Agar jelly may be made with coffee or fruit juice.

As given in recipe, Agar Jelly has no food value; if made with fruit juice, the carbohydrate should be estimated.

The jelly mixture may be frozen as a water ice.

DEVILLED EGGS

1	6 hard-cooked eggs.
f.g.	¼ T. salt.
f.g.	f.g. cayenne.
⅛ T.	⅔ T. mustard.
½ T.	3 T. lemon juice.
1 T.	1 tb. butter or salad oil.
1 tb.	⅓ c. minced ham or tongue.

1. Cut eggs in halves; remove yolks.

2. Mash yolk, add butter, seasonings and meat; mix well.

3. Refill whites; serve on lettuce with salad dressing.

SPAGHETTI WITH TOMATO SAUCE

2	24 sticks spaghetti.
¼ c.	1½ c. canned tomatoes.
⅓ c.	1 c. water.
1″ piece	2 stalks celery.
¼ T.	1 slice onion.
⅛ T.	1 or 2 T. sugar.
1½ T.	3 tb. butter.
2 T.	4 tb. flour.
⅛ T.	1 T. salt.
f.g.	⅛ T. pepper.

1. Wash spaghetti; lower ends of sticks gradually into a large amount of boiling, salted water.

2. Cook until tender; drain, rinse with cold water.

3. Cook tomatoes, water and seasonings 15 mins. press through a sieve (there should be 2 c.)

4. Brown onion in the butter; lift out the onion.

5. Blend flour and seasonings with butter, add stock gradually, stir and cook until thick.

6. Add spaghetti; reheat for serving.

Note.—Mixture may be turned into a buttered baking dish; cover with buttered crumbs and brown in a hot oven.

MOULDED CHICKEN SALAD

1½ c. cooked chicken, minced.
½ c. almonds, blanched and chopped.
½ c. celery, finely chopped.
2 tb. green pepper, minced.
1½ T. salt.
⅛ T. white pepper.
⅛ T. paprika.
¼ T. celery salt.
½ c. mayonnaise or boiled dressing.
½ tb. lemon juice.
⅓ c. cream, whipped.
2 tb. gelatine.
¼ c. cold water.
½ c. chicken stock.

1. Mix together first eight ingredients.

2. Soften gelatine in cold water; heat chicken stock to boiling, pour it over softened gelatine, stir till dissolved; strain, set aside to cool, stir occasionally.

3. When jelly begins to set, add lemon juice, mayonnaise and chicken mixture.

4. Fold in whipped cream; turn into moistened mould and chill.

5. Serve on lettuce with cream dressing.

GIBLET GRAVY

2 tb. dripping.
2½ tb. flour.
¼ T. salt.
f.g. pepper.
1 c. giblet stock.
Cooked giblets.

1. Cook the giblets (see p. 61), drain, put through the mincer; reserve stock.

2. Make brown gravy; add giblets and reheat.

PEPPER RELISH

12 sweet green peppers.
12 sweet red peppers.
4 hot red peppers.
4 to 6 medium sized onions.
3 pts. vinegar, diluted.
2 c. white sugar.
3 tb. salt.

1. Wipe peppers, remove stems, seeds and tongues.

2. Put through mincer, cover with boiling water; let stand 5 mins., drain and repeat.

3. Peel and chop onions, cover with boiling water; let stand 5 mins., drain and repeat.

4. Boil vinegar, sugar and salt 3 mins., add onions and peppers drained from water.

5. Boil 15 to 20 mins., bottle and seal.

INDIAN RELISH

12 ripe tomatoes.
12 tart apples.
9 medium onions.
1 qt. vinegar.
4 c. brown sugar.
¼ c. salt.
1 T. ground ginger.
1 T. mustard.
1 T. ground cloves.
1 T. pepper.

1. Wash, scald and peel tomatoes; cut into pieces.

2. Wipe, quarter, core and pare apples; cut in eighths.

3. Wash, peel and cut onions into small pieces.

4. Put into kettle; add remaining ingredients, heat to boiling then simmer 3 to 4 hours, stirring frequently.

5. Bottle and seal.

CHILI SAUCE II

30 ripe tomatoes.
6 ripe pears.
6 ripe peaches.
6 sweet red peppers.
2 large onions.
4 c. brown sugar.
1 qt. vinegar.
2½ tb. salt.
2 tb. whole cloves.
4 tb. stick cinnamon (broken).
2 tb. whole allspice.

1. Wash and peel tomatoes and onions; quarter, core and peel pears; scald and peel peaches; remove seeds, tongues and skins from peppers.

2. Cut tomatoes, peaches and pears; chop onions and peppers.

3. Place all together in kettle; add spices, tied in cheesecloth, and other ingredients.
4. Cook slowly 2 to 2½ hours; stir frequently.
5. Seal in sterile jars.

CREAM DRESSING

2 yolks of eggs.
1 tb. sugar.
½ T. salt.
f.g. cayenne.
f.g. white pepper.
1 T. mustard.
2 tb. vinegar.
2 tb. butter.
1 c. cream, whipped.

1. Beat eggs, add sugar and seasonings, mixed.
2. Add vinegar and butter; cook over boiling water, stirring constantly until thick, cool.
3. Fold in whipped cream just before serving.

MINCEMEAT

2 c. chopped apples.
1½ c. raisins.
½ c. currants.
¼ c. citron peel, sliced.
½ c. chopped suet.
½ to ¾ c. sugar.
2 T. mixed spice.
3 tb. rich fruit juice.

1. Combine ingredients in the order given.

Note.—This amount makes 2 pies.

ROLLED SANDWICHES II

1. Cut the crust from the top of a fresh loaf of bread.
2. Turn loaf on its side and cut ⅓ inch slices.
3. Remove crusts; spread one side of each slice with butter, then with pimento cheese mixed to a paste with salad dressing.
4. Roll tightly from side to side as a jelly roll; cut in ⅓ inch slices.

Variations.—Chopped olives, nuts, green pepper or cress may be used in the filling.

COCOANUT CREAM PIE

2 c. hot milk.
3 tb. cornstarch.
½ T. salt.
⅓ c. sugar.
¼ c. cold milk.
2 eggs.
2 T. butter.
¾ T. vanilla.
½ c. cocoanut.

1. Mix cornstarch, sugar and salt with cold milk.
2. Add gradually to hot milk; stir and cook over boiling water until thick; cover and cook 20 mins.
3. Add yolks of eggs, well beaten; cook 3 mins. longer.
4. Remove from heat, add butter, vanilla and cocoanut; pour into baked shell.
5. Garnish with a meringue made of 2 whites; return to slow oven to cook and brown.

Temperature—275° F.

BUTTERSCOTCH PARFAIT

1¼ c. brown sugar.
2 tb. butter.
½ c. boiling water.
3 eggs.
1 T. vanilla.
1½ c. cream, whipped.
½ c. chopped nuts.

1. Make syrup of sugar, butter and water; stir until sugar is dissolved, then boil gently to soft ball stage—238° F.
2. Pour slowly over beaten yolks of eggs.
3. Cook over gently boiling water, stirring constantly, until thick; cool.
4. Fold in stiffly beaten whites, add vanilla, then fold in cream and nuts.
5. Pour into mould, cover and freeze as parfait.

BAKED LEMON PUDDING

1 lemon, juice and grated rind.
½ c. sugar.
1 T. cornstarch.
1 c. milk.
2 eggs.
4 to 6 thin slices of bread.

1. Add lemon juice and rind to sugar, let stand until sugar is partly dissolved.

2. Mix cornstarch with 1 tb. cold milk; scald remaining milk; add cornstarch, stir and cook until it thickens; add slowly to beaten yolks of eggs.

3. Butter a baking dish; put in a layer of bread, with crusts removed.

4. Spread with one half the sugar and lemon mixture; repeat.

5. Pour over custard mixture; oven-poach until firm in a moderate oven. Temperature—325° F.

6. Cover with a meringue; return to slow oven to cook and brown.

SHORTBREAD

1 c. butter.
⅓ c. sugar, fruit or fine granulated.
2 c. flour or more.

1. Cream the butter, add sugar gradually and cream together thoroughly.

2. Add flour slowly; when a stiff dough is formed turn out on a floured board; gradually knead in flour until the dough begins to crack.

3. Roll out ¼ inch thick; cut in fancy shapes.

4. Place on a baking sheet; bake in a slow oven until lightly browned. Temperature—325° F.

VENISON.

Cuts of venison are similar to those of mutton. The best cuts for roasting are the leg, or haunch, and the saddle. Steaks and cutlets are slices from the leg and loin. Other pieces, as the flank, breast and neck, should be used in stews. The flank is sometimes included with the saddle, in which case, a few pieces of celery or celery and carrot may be rolled in each flank, which is then skewered underneath, close to the backbone. Venison, when roasted or broiled, is usually served rare.

BROILED VENISON STEAK

1. Wipe steak; place on a greased broiler.
2. Sear, then reduce the heat; turn every minute; season with salt and pepper when partly cooked.
3. Broil 5 to 7 minutes.
4. Serve with Maître d'Hôtel or Currant Sauce.

ROAST LEG OF VENISON

1. Weigh, wipe and trim meat.
2. Place on rack in roasting pan, dredge with flour.
3. Place pieces of fat or dripping in bottom of pan.
4. Sear meat in hot oven; reduce heat and pour 1 c. boiling water into pan.
5. Baste every 15 mins. with liquid in pan.
6. Roast 15 mins. to 1 lb., season when half cooked.
7. Serve with Currant Sauce.

Note.—To prevent the drying of venison in roasting, it may be covered with oiled paper over which is laid a thick paste of flour and water. Remove paper ½ hr. before cooking is finished and allow meat to brown.

ROAST SADDLE OF VENISON

1. Weigh and wipe meat; place on rack in roasting pan. The meat may be larded or pieces of beef or pork fat may be laid on top of saddle.
2. Dredge meat with flour; sear in hot oven, then reduce heat.
3. Baste every 15 mins. with fat from pan.
4. Season when half cooked; roast 15 mins. to 1 lb.

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